

# RED-NOSED REINDEER TREATS

armagazine.com/red-nosed-reindeer-treats

"With some gumdrops, pretzels and a little creativity, you and your little elves can make a whole team of Santa's flying friends." —Kellogg's® Rice Krispies®



# **Ingredients**

- 3 tablespoons butter or margarine
- 1 (10 ounce) package regular marshmallows
- 6 cups Kellogg's<sup>®</sup> Rice Krispies<sup>®</sup> cereal or Kellogg's<sup>®</sup> Cocoa Krispies<sup>®</sup> cereal
- 12 regular pretzel twists
- 12 red gumdrops canned frosting or decorating gel food coloring



#### **Directions**

- In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.
- 2. Add Kellogg's® Rice Krispies® cereal. Stir until well coated.
- 3. Using a buttered spatula or wax paper, evenly press mixture into a 15x10x1-inch pan coated with cooking spray. Cool.

  Using cookie cutters coated with cooking spray, cut 12 2½-inch circles and 12 1½-inch circles. Frost the tops of the 1½-inch circles.
- For each reindeer use frosting to attach one 1½-inch circle, frosting side up, to each 2½-inch circle. Use scraps of the cereal mixture to shape into 24 ears. Use frosting to attach ears to each reindeer. Break pretzel twists into pieces. Push 2 pretzel pieces into each circle for antlers. Decorate with frosting and gumdrops. Best if served the same day.

# Community Chatter

# HELPFUL TIPS FROM OUR MEMBERS

Try this recipe with **Cocoa Krispies®**, different candy toppings, or flavored marshmallows. The possibilities are endless!

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Some members found it helpful to cut out the circles as soon as the treats started to cool. They also recommend cutting slits in the treats for the pretzel antlers.

.....

Those who tried the recipe agreed it was a fun holiday activity for their kids and a yummy treat for everyone to enjoy.

# A BAZILLION WAYS TO GIVE THIS HOLIDAY SEASON

Kellogg's® has partnered with Toys for Tots™ to launch #Treats4Toys. For every photo of a Rice Krispies® treat you post with the hashtag #Treats4Toys, Kellogg's® will donate a toy to a child in need. How it works:

- Make Rice Krispies® Treats™ with your kids.
- 2. Share a photo of your Rice Krispies® Treats™ on Facebook, Twitter, and Instagram with the hashtag #Treats4Toys.
- 3. Kellogg's® will donate a toy to a child in need.

It's that simple.
Make a treat.
Make a difference.

Visit **ricekrispies.com/treats4toys** for more information on the program.







# HOW MANY WAYS CAN YOU SNAP, CRACKLE, POP?

Visit us at ricekrispies.com for a bazillion other fun recipes.



was the night
before celebrating
and all through the
kitchen were spinach
and sour cream
and water chestnuts
for mixin'.



They sprinkled
in some cheer,
chilled for 30 min more,
then served in a
bread bowl that
no one could ignore!





Original Ranch Spinach Dip Be inspired at Pinterest.com/HVRanch

# CONTENTS

DECEMBER/JANUARY 2016



ON THE COVER: Smart Cookies (page 68) Photographer: Kate Sears Food stylist: Carrie Purcell Prop stylist: Kate Parisian

## **FEATURES**

# 68 The Sweetest Thing

We've got you covered this issue with great recipes for gingerbread and sugar cookies. But don't stop there! Invite even more classic cookies to join your holiday party.

## 76 Slim Pickin's

Trying to lighten up some of your meals? We've got six no-fuss dinners with 500 calories or less per serving-sides included!

## 84 Hello, Sunshine

Nothing adds brighter flavor to winter cooking and baking than citrus fruits. And it's peak time for citrus right now.

## 90 The Case for Casseroles

Some people may find the idea of casseroles old-fashioned, but we've got some that will never go out of style.

#### 100 Eat Your Vegetables

Six flavorful sides that make it easy to work more veggies into your midweek meals.



# CONTENTS

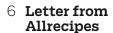
#### **DEPARTMENTS**











# 11 Recipe Index

15 **Kitchen Sink**Merry berries, miracle fudge, stocking stuffers, the Land of Nog, and more.

22 **What You Crave** America is crazy for cookies.

# 25 What's In Your Recipe Box?

The most-saved recipes across Allrecipes.com.

35 **Make It a Meal**Our new meal-planning column dishes up eight easy, satisfying menus.

# 41 Seasonal Smarts

Modern spins on gingerbread—plus the Old World classic itself.

# 49 In the Kitchen With...

An Allrecipes community member shares treats that the pups on your list are sure to appreciate.

# 52 **World's Fare**Vanilla sugar cookies from

Vanilla sugar cookies from Allrecipes Germany.

#### 55 Classics

What is it about fondue that just makes you want to say YES?

# 60 Reader-Tested Tools

Readers try out holiday baking gear.

# 63 **Healthy You** Can Handle

Sodium hides in the most unlikely places. Find out where, and how to lower it.

## 109 Cooking School

Everything you need for cutout-cookie success.

#### 112 **Superstars**

Incredible five-star Scrambled Egg Brunch Bread.

55

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Now you can **save recipes** and add ingredients to your **shopping list** with just a few taps on your phone.

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Reynolds

# LETTER FROM ALLRECIPES

The Allrecipes community is a BIG family—13 million members who are trying, tasting, and exchanging recipes and cooking tips. Wouldn't it be great if you could tap into that collective wisdom? You can! Go to "Ask the Community" (armagazine.com/ ask-the-community) and post your burning cooking questions. The answers are out there, and we promise, there are no dumb questions. Here's a sampling:

## Happy eating! YOUR ALLRECIPEEPS

#### How do you get here?

From the home page: Just click on the drop-down menu in the upper right-hand corner.



#### Kylie-Anne Deigratia Leske is asking:

Why would you soak a chicken in salt water overnight, before roasting it? Wouldn't this toughen the meat?

#### Baking Nana says:

Brining is actually a chemical reaction that relaxes the very lean muscle structure of the meat. Use kosher salt. in these proportions: 3/4 to 1 cup salt for every gallon of water.

#### Elle says:

According to an article I read, a brine "adds flavor and keeps the meat tender and juicy." Water follows salt at a cellular level, so it would keep the meat more moist. And salt does add flavor. I've never bothered to brine, but maybe I need to trv it.



#### Billybobasan is asking:

How can you tell if buttermilk is bad? I got some two weeks ago for banana-nut bread and I'm just now getting around to making it.

#### nanny129 says:

I use buttermilk pretty much as long as I have it—as long as there's no mold and it still mixes when shaken, why not? After all, it's already "bad" when you buy it, LOL!



## Lela is looking for:

I need a good sugar cookie recipe for wedding favors—one that doesn't go stale after a week. What's the best way to keep the cookies from drying out? I'm making 200+ cookies one week ahead.

#### Marie C. says:

I think they all go stale after five or six days. Sugar cookies freeze really well, so make them anytime and get them in the freezer. I like the Holiday Butter Cookies recipe on kingarthurflour.com. It's more tender than most and super easy to roll. It also keeps its shape.

#### bd.weld says:

Not an expert on cookies, but have heard If you place a couple slices of bread into the container with the cookies, by some sort of magic, it will keep them soft.



# **Hazelnut** is looking for:

What can I do with kohlrabi?

## CC♥'s2bake says:

If you haven't had it before, I would recommend just trying it raw first, peeled and sliced. I love it best that way; I find it tends to lose its texture and flavor when cooked.

#### Lori savs:

Hi Hazelnut. Is that your kitty that you use for your profile pic? I love Siamese! I have four, and a litter due soon. We love them to pieces.

P.S. I don't know what to do with kohlrabi.

# life is eating, laughing, loving and a place to enjoy it together. MÖRBYLÅNGA table TogetherWeEat.com IKEA MÖRBYLÅNGA table \$699 Stained and waxed oak veneer. Requires assembly. L86%×W39%×H29%". Brown 202.937.66 See IKEA store for country of origin. Valid in US stores only. ©Inter IKEA Systems B.V. 2015

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# CELEBRATE the SEASON.























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# RECIPE INDEX

All the recipes in this magazine and on our website come from cooks just like you—and since Allrecipes is the biggest recipe site in the world, there are lots to choose from! The star ratings and reviews are also from your peers, people who made the recipes and posted their comments and suggestions. If you'd like to submit a recipe to be considered for publication, go to armagazine.com/submitrecipe

APPETIZERS		99		PASTA	
Cheese Fondue • •	56	The state of the s		Sandy's Primavera Casserole ••	93
Mouthwatering Stuffed Mushrooms • •	27	<b>用在京都的</b>		Baked Ziti with Sausage	97
Toasted Garlic Bread   O	36			Easy Spaghetti with Tomato Sauce	65
BREAKFAST				Pasta with Tuna, Sun-Dried Tomatoes, and Artichoke Hearts •	79
THE RESERVE		SEAFOOD		SIDES	
		Fisherman's Pie	99	105	
		Chef John's Mango Bango Salmon ••	81	A DOMESTIC OF	
		VEGETABLE			
		Red Lentil Curry	80	AVDICALIAN	
Crème Brûlée French Toast	31	Sandy's Primavera Casserole	93		
Scrambled Egg Brunch Bread	112	•		A Marie	
MAIN DISHES		DESSERTS		Creamy Wild Mushroom Ragout ••	106
83		15		Green Beans with Orange Olive Oil • • • •	105
63				Lime-Cilantro Cauliflower "Rice" ● ● ●	104
				Peas and Pancetta ● ●	103
				Roasted Parmesan-Garlic Carrots	107
				Quinoa and Black Beans   Output  Description:	66
		NA PROPERTY OF		Twice-Baked Sweet Potatoes with	
BEEF		Chocolate Bar Fondue	57	Ricotta Cheese • • •	102
Aussie Beef and Peppers with Gnocchi	83	Chocolate Crinkles II	74	CONDIMENT	
Hearty Italian Meatball Soup	36	Cranberry-Cornmeal Linzer Cookies	72	Country-Style Honey Mustard	18
Hot Tamale Pie	92	Easy Peanut Butter Bars	37 43	DOG BISCUITS	
Sweet Teriyaki Beef Skewers	29	Eggnog-Gingerbread Trifle		52	
	29	Eileen's Spicy Gingerbread Men	42 45	32	
CHICKEN & TURKEY		Gingerbread Who aris Diag			
Blackened Chicken with Avocado Cream Sauce	82	Gingerbread Whoopie Pies  Light and Fluffy Coconut Macaroons	44 70		
Chicken with Rice (Arroz con Pollo)	94		70 15	The second second	
Garlic Chicken Stir-Fry	26	Mini Strawberry Santas  Mocha Walnut Cookies	15 71		
Turkey-Avocado Panini	64	Shortbread Cookies II	75	Brie's Gingerbread Men Dog Biscuits	50
LAMB & PORK	04	Silky Gingerbread Pie	46	Brie's Turkey-and-Cranberry Dog Bones	49
Chinese Pork Tenderloin	78	Vanillekipferl	52	Henri Hound's Cheesy Spinach Dog	7.
Lancashire Hot Pot	76 96	White Chocolate Macadamia	32	Breakfast Bagels	50
Italian Breaded Pork Chops	26	Nut Cookies IV	73		
Italian breaueu Pork Chops	20				

#### **Index Key**

- Gluten-free = Contains no wheat, rye, or barley (or products such as bread or pasta that typically contain or are processed with those grains). Products vary by brand; always check ingredient labels to avoid hidden sources of gluten.
- Healthy Pick = In line with U.S. Department of Agriculture healthy eating guidelines, based on a 2,000-calorie-per-day diet that emphasizes produce, lean protein, whole grains, and calcium-rich ingredients, and minimizes added fats, sugar, and sodium.
- Quick = Ready in 30 minutes or less.
- Vegetarian = Contains no meat, poultry, or seafood. May contain dairy products or eggs.
- Vegan = Contains no animal products.

# You'll see these on recipe pages:



💮 a gem of a recipe that doesn't yet have a lot of reviews but deserves your attention

(i) a healthy-pick recipe

a recipe ready in 30 minutes or less

# SIGNED, SEALED, DELIVERED

TIPS FOR STRESS-FREE GIFTING FROM RACHAEL RAY

TIME TO GET FESTIVE! With all the parties, cooking and decorating, it's easy to put off one of the season's most important traditions: gift giving. Don't worry, you've got this. You can count on the United States Postal Service® to save you time and money—so you don't miss a single merry moment this holiday season. Check out these tips and tools to help you get started.



Traveling for the holidays? Avoid pricey baggage fees by shipping gifts ahead of time. It's simple with these free holiday USPS® Priority Mail Flat Rate® boxes.





# DISH UP SOME FUN

Nothing says hostess gift like your favorite meal-try a party-pleaser like lasagna and gift it in a pretty serving dish. Can't attend? Send a cookbook filled with your favorite recipes. Visit USPS.com\* to send a gift in three steps:

- 1) Order free Priority Mail Flat Rate\* boxes'
- 2) Use the Click-N-Ship\* option to pay for postage and print shipping labels
- 3) Schedule a free Package Pickup" Easy peasy!



# HOST A GIFT-WRAPPING PARTY

3

Invite friends, turn on some holiday tunes and get creative! Swap traditional wrapping paper for butcher paper, trade bows for baker's twine...the possibilities are endless. Pressed for time? Visit The Postal Store® at **store.usps.com** for everything you need to ship your packages. They even have free holiday themed boxes so your package arrives with a festive touch!



# **GET A HEAD START**

A little organization goes a long way. Start small: update your contacts before December and always have your to-do list handy. With My USPS, you can manage your deliveries and sign up to receive real-time delivery notifications "from the USPS", so you'll know right when your packages have arrived. Register for free now at my.usps.com. Your to-do list just got shorter.









Learn more at USPS.com/holiday

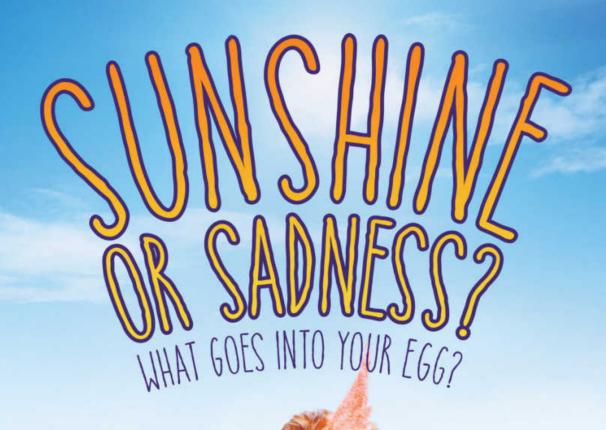
\*Available within the U.S. Boxes are delivered with your regular mail within 7 to 10 business days. To order, visit store.usps.com

\*\*For details on free Package Pickup, go to usps.com/pickup

\*\*\*Available with select products. Most notifications transmitted within a few minutes of the delivery scan.







9 out of 10 eggs come from hens who live their lives in a space no bigger than this ad. That's not Nellie's. Check out our chicks at nelliesfreerange.com.

BETTER LIVES FOR HENS,



MEAN BETTER EGGS FOR YOU."

# KITCHENSINK

A LITTLE BIT OF EVERYTHING: NEWS, PRODUCTS, TRENDS, TOOLS, TIPS, AND MORE



# **KITCHEN SINK**

# Land of Nog

Americans love their nog-we guzzle around 15 million gallons of it every winter (and that's not even counting the eggnog creamers, coffees, cocktails, and desserts we're consuming). But we can't take credit for inventing it. Historians have traced eggnog's roots back to 14th-century England, when men would sip a hot cocktail called posset. It was originally made with warm milk, ale (or sherry), and various spices. It didn't include eggs until several years later, when, because milk and eggs were so costly, the drink was a treat only for the wealthy.

By the 1700s, eggnog was common all over Europe and in America. Most American colonists produced their own milk and eggs. And the sherry was replaced with rum, which was less expensive. It's said that George Washington whipped up his own version for holiday visitors to Mount Vernon, and he wasn't shy with the sauce. Washington's recipe included a blend of whiskey, rum, and sherry, and was rumored to be so stiff that only the most courageous dared to try it.

As for the name's origins, no one is certain. Some claim that eggnog is a mash-up of egg and grog, an old English term for a drink made with rum. Others believe nog was 17th-century slang for a strong beer. But most experts agree that nog comes from noggin, a small wooden mug used to serve drinks in English taverns. Today's eggnog purists debate whether the drink is best in a mug or a punch bowl, hot or cold, and spiked with rum or whiskey. But all nog lovers agree that the holidays just aren't the holidays without it. Want to whip up your own nog? Go to armagazine.com/ luscious-eggnog. —LAUREN0926



# WHAT'S THAT? **SPECULOOS** COOKIE BUTTER



Watch out, Nutella! Speculoos Cookie Butter is here, and it's being smeared on toast, muffins, and waffles; stirred into oatmeal: used as a dip for pretzels: and spooned straight from the iar. It's a sweet spread made of finely ground gingerbread-like cookies called speculoos. It has a consistency similar to peanut butter and tastes very much like Cinnamon Teddy Grahams. Speculoos are European, made for centuries in the Netherlands and Belgium for St. Nicholas Day in early December. The dough gets pressed flat by detailed molds and baked into thin, crisp cookies that signal the holidays for bakers all over the world.

They're also a favorite airline snack. In the 1930s, Lotus Bakeries in Belgium made speculoos oblong shaped and renamed them Biscoff cookies, pitching them as the perfect partner for a cup of coffee. Some airlines agreed and began serving Biscoff as an in-flight treat in the 1980s—Delta has them made with its name stamped on one side.

European stores sold out of Biscoff Spread after it was featured on a Belgian TV show. Trader Joe's version was such a hit that some stores limited sales to one jar per customer. Ben & Jerry's now makes Spectacular Speculoos ice cream, while chefs and home cooks use it to spice up cakes, milk shakes, and more. To get ideas for how to experiment with it at your house go to speculoos.us. -ONESMARTCOOKIE



#### Spiceologist spices and rubs:

This funky company is turning out spice blends that will turn on the griller in your life. Maui Wowwwy (with dried pineapple and black sesame seeds) does wonders for pork, Chile Margarita heats up ordinary chicken, and Raspberry-Chipotle will fire up everything from tacos to brownies. (4-ounce jar, \$12; sampler of six 2-ounce jars, \$34, spiceologist.com)

SPICEOLOGIST



stocking stuffer or a gift for Whether you need a host, or you just want to be prepared for unexpected holiday guests ("Oh, you're bringing who home from college?"), one-orall!of these will do the trick.



Big Picture Farm goat's-milk caramels: Soft and super creamy, and in unexpected flavors like chai, brown-butter bourbon, and raspberry-rhubarb. Plus, we can't resist the goats on the boxes. (3.2-ounce Santa box or tree box, \$10; 5.2-ounce storybook farm-scene box, \$20, at bigpicturefarm.com)



Made from watermelon rinds, Pickled Pink spiced pickles can liven up anything from a turkey or ham sandwich to a cheese plate. Try the thick-cut, jalapeño-spiked cucumber pickles, too. (24-ounce jar, \$10, pickledpinkfoods.com)

Taffy may evoke sticky-sweet childhood memories, but the flavors of Salty Road taffy suit grown-up tastes. Think sour cherry, bergamot, salty caramel apple, peppermint, and pumpkin pie. (3.5-ounce box, \$7, thesaltyroad.com)

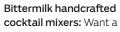


Made with coconut milk, cane sugar, and eggs, Hey Boo Coconut Jam is more of a creamy custard or curd than a traditional sticky jam. It's to die for on French toast or pancakes, in tarts, and straight from the jar. (8-ounce jar, \$12, heyboojams.com)





The folks at Potlicker say their beer and wine jellies—like Oatmeal Stout, India Pale Ale, and Rosemary-Garlic Chablis—have you covered "from toast to roast." They're right: Spread some on a grilled cheese sandwich or your next pork roast. (8-ounce jar, \$7, potlickerkitchen.com)



BITTERMIL

BOURBON BARREL AGES

shortcut to a great Old Fashioned? Just crack open one of these babies and add booze and ice. This line of mixers is created by bartenders and uses real ingredients—no fake stuff. (8.5-ounce jar No. 1 Bourbon Barrel Aged Old Fashioned, \$15, bittermilk.com)

#### Salt of the Earth Bakery brownies:

A hit of fancy finishing salt amps up these fudgy brownies. Try the Kona, with espresso and Hawaiian sea salt, or the Mayan, with cinnamon, cayenne, and Halen Môn Sea Salt. (Three 2-brownie packs, \$15; variety gift box, \$27, saltoftheearthbakery.com)



# DIY: Homemade Mustard

The French are known for Dijon, a mild mustard flavored with local wine; the Germans like a sturdier mustard, often mixing yellow and brown seeds for a stronger heat, tempered with either beer or wine. Chinese mustard is eye-wateringly hot. English mustard is hearty and well suited for meaty sausages.

Japanese mustard is hot enough to make you break into a sweat.

All mustard is made the same way, but choosing the liquid (like wine, beer, water, or bourbon); opting to use sweeteners, spices, or herbs; and extending the resting (aka "blooming") time before adding the vinegar let you customize mustard any way you like it.

This recipe for coarse-grind honey mustard (with a surprise ingredient!) pairs with many holiday favorites. Add it to the glaze for a ham, spoon some into a green bean casserole, or slather it on a turkey sandwich. Tuck a little jar into a gift basket with pretzels or cheese and crackers. - MRSWHEELBARROW

# **Country-Style Honey Mustard**

armagazine.com/country-stylehoney-mustard

- 4 tablespoons yellow mustard seeds
- 4 tablespoons brown mustard seeds
- 6 tablespoons mustard powder
- 1/2 cup Dr Pepper (or Guinness stout)
- 2 tablespoons honey (3 tablespoons if using stout)
- 1 teaspoon kosher salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon turmeric, optional for color only
- 3 tablespoons apple cider vinegar
- Wash 3 (4-ounce) jars in soap and water and dry well.
- 2 Pulse yellow and brown mustard seeds a few times in a spice grinder to crack the seeds. (Alternatively, use a blender, rolling pin, mortar and pestle, or small food processor. The key is to crack the seeds to release the flavor.)

3 Stir together cracked seeds, mustard powder, Dr Pepper or stout, honey, salt, thyme, and turmeric (if using) in a bowl. Cover loosely and let stand for 10 minutes for a very spicy mustard or up to 1 hour for a more mellow mustard.

4 Add vinegar, stirring thoroughly. If a smoother consistency is more to your liking, purée the paste and vinegar in a blender until smooth. (Don't worry if it seems loose; the mustard will thicken as it sits.) Divide

equally among jars, allowing 1/2 to 3/4 inch headspace in each jar.

**6** Cover jars and let stand at room temperature 2 days before using. This curing period removes any remaining bitterness, smoothing the flavor edges.

Mustard can be stored without refrigeration for months. If it dries out, add liquid (such as water, wine, or beer) a few drops at a time, and stir to reconstitute. Makes 11/4 cups or 3 (4-ounce) jars.





What's on Chef John's mind?



# Christmas Miracle Fudge

"The secret to this fudge is coconut oil. The stuff is solid at room temperature, so we're going to stick it in hot water for a few minutes. You'll add it to your bowl, and as you stir you'll say, 'Man, this looks awesome, like a shiny hot fudge sauce.' But don't get too excited because the coconut oil is going

to cool down and solidify again, and you're going to have something fairly grainy and ugly. But don't worry: It's normal, and we still have one more very important step..."

See what happens next at armagazine.com/ chef-johns-christmas-miracle-fudge-video



# THE REAL DEAL?

For years, you've invited these folks into your kitchen—they're food icons that feel like family. But were they real people, or just from the imagination of some creative Mad Men? - ONESMARTCOOKIE





Thank goodness there was a real Chef Boyardee. In 1928, Italian immigrant Hector Boiardi and his brothers began packaging pasta dishes for home cooks under an easier-to-read version of their name.



salad dressing.

Marie Callender sold the family car to launch her pie business in California. The coffee shop she opened in 1964 blossomed into a restaurant chain, and she eventually brought home-cooked happiness to the grocery aisle with her frozen meals and desserts.



When home cooks flooded Gold Medal flour with letters after a 1921 contest, Betty Crocker was created to "write" responses to them. She's been baking someone happy through cooking schools, radio and television programs, and cookbooks ever since.



His name really was Orville Redenbacher. The bow-tied, bespectacled pitchman began growing his own popping corn at age 12, and was fixated on developing fluffier popcorn ever since. His obsession led to the launch of a business, and Redenbacher began starring in commercials in 1976.



In the 1940s, executives of a company with the snoozer name Converted Rice Inc. gave it personal appeal by rechristening it Uncle Ben's. The name paid tribute to a respected African-American rice farmer known for the quality of his rice. The picture on the packaging, though, depicts a Chicago maître d' named Frank Brown.



With her kerchief and broad smile. Aunt Jemima—a stereotype of an antebellum domestic servant-started selling readyto-make pancake mix in the late 1800s. She had a makeover in 1989, trading in the bandana for pearl earrings and soft curls.



In 1949, baker Charlie Lubin named his new line of cheesecakes for his 8-year-old daughter, Sara Lee. Sara Lee used her family inheritance to start a foundation supporting women interested in science.

# Kitchen Hack:

# Coffee Maker



# Soft-boiled eggs

Put eggs in coffeepot. Fill maker's water reservoir (minus 1/4 cup per egg) and turn on. Let eggs stand in pot on heat element until softboiled, about 10 minutes.



# Chocolate fondue

Put 2 cups heavy cream in pot on heat element until hot. Add 12 ounces chopped chocolate. Let stand on heat element for 10 minutes, then stir to combine. (Page 55 has lots more fondue ideas!)

-IAN KNAUER



# WHEN IT COMES TO FAMILY,

every detail matters.



We've been handcrafting hams for 75 years. Fully cooked and sliced, our Chef Carved Ham is hickory smoked for hours. Then we decorate it with real pineapple and add a clover honey glaze for an authentically sweet flavor.

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CHEF CARVED DINNER HAM

Find hosting tips and recipes at DietzAndWatson.com/details

# **Cookie Monsters**

Allrecipeeps are clearly crazy for cookies—"sugar cookies" alone is almost always among the top 20 search terms on the site. During the holiday season, cookie searches and social media posts more than double! Fortunately, we have plenty to satisfy your cravings.

of home cooks say they'll turn to a how-to video for holiday cooking help. We've got you covered with 43 holiday cookie videos on our YouTube channel (armagazine.com/ cookie-videos).

of Allrecipes' all-time most-pinned desserts are cookies. With more than 74,000 pins, community member Jill Saunders' Best Rolled Sugar Cookies (armagazine.com/jill-cookies) is the most popular on our Cookies board.



December searches for "cookie" on

Allrecipes.com. Which take the cake? Sugar (315,191 searches), chocolate chip (63,395), gingerbread (55,489), peanut butter (46,725), and no-bake (32,915).

views of "How to Make No-Bake Oatmeal Cookies," the most-viewed cookie video on our YouTube channel.





Facebook likes of community member Debbi Borsick's Award-Winning Soft Chocolate Chip Cookies, one of our most-liked cookie recipes. She says pudding mix is the secret.

of home cooks turn to social media for holiday inspiration. And community member Susan O'Dell really delivers with her Cranberry Hootycreeks cookie video. It scored 5,181 views last year on our Facebook page!





December searches for "icing" and "frosting." That's an **86%** increase from November—apparently Allrecipeeps like their cookies with a little holiday flair! JBS Box's recipe for Sugar Cookie Icing (armagazine.com/jbs-icing) is one of the most-loved, with more than 69,000 pins.

of online bakers say they're much more likely to make a cookie recipe if it has a great photo. That must be one reason why Mamakittyto3's fun, animal-shaped Hedgehog Cookies have earned 536 Instagram likes.







Icing, sprinkles, or plain: What's your favorite way to decorate holiday cookies? Share your works of art on Instagram or Twitter (tag them #MyAllrecipes), or email them to feedback@armagazine.com

# **Garlic Chicken** Stir-Fry

armagazine.com/garlicchicken-stir-frv

From our kitchen: We streamlined the stir-fry steps a little on this recipe from community member Teresa Shields.

- 1 cup low-sodium chicken broth
- 2 tablespoons low-sodium sov sauce
- 2 tablespoons sugar [From our kitchen: We cut back to 1 tablespoon and it was still sweet.1
- 2 tablespoons cornstarch
- 3 tablespoons peanut oil
- 1 teaspoon grated fresh
- 1 cup chopped green onions (about 1 bunch)

- 6 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound skinless, boneless chicken breasts, cut into 1/4-inch-wide strips
- 2 cups thinly sliced yellow onion (about 2 onions)
- 1 red bell pepper, thinly sliced (13/4 cups)
- 1 cup sliced cabbage
- 2 cups sugar snap peas
- 1 Mix together 1/2 cup broth, soy sauce, sugar, and cornstarch in a small bowl, stirring until sugar is dissolved.
- 2 Heat 11/2 tablespoons oil in a wok or large skillet over mediumhigh heat until it shimmers. Stirfry ginger, green onions, one-third of garlic, salt, and pepper until fragrant, about 1 minute. Add chicken and stir-fry until no longer pink, about 3 minutes.

YOU SAID

I used some frozen stir-fry veggies instead of chopping, and used 1 tablespoon each brown sugar and white sugar in the sauce. I served it over white rice and some chow mein noodles. -DREGINEK

Transfer chicken mixture to a bowl.

3 Add remaining 11/2 tablespoons oil and remaining garlic to skillet and stir-fry 30 seconds. Add yellow onion, bell pepper, cabbage, and snap peas and stir-fry 2 minutes more. Add remaining ½ cup broth and simmer, covered, until onion begins to wilt, about 3 minutes.

Stir sauce mixture again and pour into wok. Add chicken and I made it easy on myself and sautéed all the veggies together in olive oil. Once tender, I added the chicken for about five minutes, then put in the sauce mixture until it thickened. Excellent and so easy! -CARYL

any juices accumulated in bowl. Bring to a boil and stir until sauce is thickened and chicken is cooked through, about 2 minutes.

PER 11/2-CUP SERVING 358 CAL; 13.6g FAT (2.4g SAT); 30g PRO; 28.9g CARB; 4.8g FIBER; 989mg SODIUM; 83mg CHOL



Blipp it, stir-fry it, love it! See page 4 for blipp details or go to armagazine.com/garlicchicken-stir-fry-video





I bypassed the skillet and baked the chops on a cookie sheet for 30 minutes. I added fresh parsley, too. Perfect every time. For an extra crispy crust, you can substitute

# **Italian Breaded Pork Chops**

armagazine.com/italianbreaded-pork-chops

From our kitchen: We had a lot of the egg and bread crumb mixtures left over, so we scaled them back a bit.

- 2 large eggs
- 2 tablespoons milk
- 1 cup Italian-style dried bread crumbs
- 1/3 cup grated parmesan cheese
- 11/2 tablespoons dried parsley [From our kitchen: Substitute 1 teaspoon dried basil to add a little more flavor.]
  - 4 (3/4-inch-thick) bone-in loin or rib pork chops (about 2 pounds)
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 4 cloves garlic, sliced

OPreheat oven to 325°F.

2 Beat together eggs and milk in a bowl. Mix together bread crumbs, parmesan, and parsley in a separate bowl. Sprinkle chops with salt. Dredge chops in egg mixture, then in bread-crumb mixture.

- 3 Heat 1½ tablespoons oil in a large ovenproof skillet over medium-high heat until it shimmers. Cook garlic until lightly browned, then remove with slotted spoon and discard. Add chops and cook until undersides are browned, 3 minutes. Add remaining 1/2 tablespoon oil, turn chops over, and cook until other sides are browned, 3 minutes more. Transfer skillet to oven and
- bake until an instant-read thermometer inserted into thickest parts of chops registers 145°F, about 5 minutes. Note from Elisaw: If you don't

have an ovenproof skillet, you can cook the chops on the stovetop at medium-low.

PER 1-CHOP SERVING 440 CAL; 20.3g FAT (6.1g SAT); 30g PRO; 33g CARB; 2.5g FIBER; 1,026mg SODIUM; 186mg CHOL



Blipp to see this in motion or go to armagazine.com/ italian-breaded-porkchops-video

panko for the Italian bread crumbs. -BONYNG

Love it, love it, love it. I just added 1 teaspoon each of garlic powder and Italian seasoning. -JOLLYB

PREP 10 min

соок 11 min

READY IN 21 min

SERVES 4

RATING

1.270 reviews

# Mouthwatering Stuffed Mushrooms

armagazine.com/mouthwateringstuffed-mushrooms

"These taste just like restaurant-style stuffed mushrooms and are my guy's absolute favorite." —ANOIE OOKLOFF

- 24 (2-inch-diameter) whole fresh mushrooms (2 pounds)
  - 1 tablespoon vegetable oil
  - 1 tablespoon minced garlic

- 1 (8-ounce) package cream cheese, softened
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon black pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon cayenne pepper
- 2 tablespoons chopped fresh parsley (optional)
- Preheat oven to 350°F. Spray a 9x13-inch rimmed baking sheet with cooking spray.
- 2 Clean mushrooms with a damp paper towel. Carefully remove stems, cut off and

- discard tough ends, then finely chop stems.
- Theat oil in a large skillet over medium heat. Cook garlic and chopped stems, stirring occasionally, 5 minutes. Transfer to a bowl and let cool 10 minutes. Add cream cheese, parmesan, black pepper, onion powder, and cayenne to bowl and stir until blended (mixture will be very thick).
- Fill each mushroom cap with 1 tablespoon cheese mixture and arrange close together on prepared baking sheet. Bake until mushrooms are hot and liquid

starts to form under caps, about 20 minutes. Sprinkle with parsley (if using) before serving.

[From our kitchen: You can make these 1 day ahead and chill, covered. To reheat, bring to room temperature, then bake in a 350°F oven until hot, 13 to 15 minutes.]

PER 2-MUSHROOM SERVING 100 CAL; 8.3g FAT (4.1g SAT); 4g PRO; 3.8g CARB; 0.8g FIBER; 103mg SODIUM; 22mg CHOL



Add these ingredients to your **shopping list** or save the recipe in your online Favorites. Page 4 shows how.

SAVED 19,505 TIMES

Angie Gorkoff
PREP 25 min
COOK 25 min
READY IN 1 hr
SERVES 12
RATING

\* \* \* \* \* \* 2,466 reviews

YOU

I put a bit of chopped prosciutto in each mushroom cap before adding the cheese. I then sprinkled garlic-and-herb bread crumbs over them and drizzled melted butter over all. Baked for only

15 minutes and broiled for the last five. —CATX

These are great to bring to get-togethers. I prepare the stuffing and put it in a ziptop plastic bag. Later, I just snip a corner off the bag, fill the mushrooms like a pastry, and pop them in the oven. —STEPHANIE G.

I brushed the mushroom caps with a bit of olive oil and they didn't dry out or get wrinkly. —YESHEILL

# SWEETNESS RUNS IN THE FAMILY LALLES SWEETNESS RUNS IN THE





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# WHAT'S IN YOUR RECIPE BOX?



# Sweet Teriyaki Beef Skewers

armagazine.com/sweet-teriyakibeef-skewers

From our kitchen: We tweaked Sheilago7's recipe so it will serve 8.

- 1 cup packed light brown sugar
- 1 cup low-sodium soy sauce
- 1/2 cup water
- 1/4 cup vegetable oil
- 1/2 cup pineapple juice (optional)
- 3 large garlic cloves, chopped
- 31/4 pounds flank or flat iron steak, cut into 1/4-inch-wide strips
- 24 (10-inch) wooden skewers, soaked in water 30 minutes

- Whisk together brown sugar, soy sauce, water, oil, juice (if using), and garlic in a large bowl. Add steak and stir to coat. Cover and chill 24 hours.
- ② Preheat a large ridged grill pan over medium-high heat and spray pan with cooking spray. Or preheat broiler and spray broiling pan with cooking spray.
- Thread steak slices onto skewers and grill or broil in 2 batches until cooked through, 11/2 to 2 minutes per side.

PER 3-SKEWER SERVING 276 CAL; 10.8g FAT (3.9g SAT); 40g PRO; 2g CARB; 0g FIBER; 231mg SODIUM; 114mg CHOL



**Do you have any of these recipes** in your Favorites? Head to Allrecipes.com and click the heart on any recipe to save it.

YOU SAID I added just a bit of freshly minced ginger to the marinade.
Absolutely stunning. I used partially frozen top sirloin, and sliced it thin with my meat slicer. This would be good stir-fried as well. —BAKING NANA

I did everything I could to mess up this recipe, and it still turned out great. I marinated it only five hours because I didn't plan ahead. I browned the meat with the marinade in a skillet on the stovetop, then turned it down to simmer until tender. — OFFMAMA



# GINGER

COOK TIME: 10 MINUTES | MAKES 4 DOZEN

#### **INGREDIENTS**

- 2 cups all-purpose flour
- 3/4 teaspoons baking soda
- 1/4 teaspoon salt
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/2 cup (1 stick) butter
- 1/3 cup Stevia In The Raw<sup>®</sup> Bakers Bag
- 1/4 cup Sugar In The Raw®
- l egg
- 1/4 cup dark corn syrup
- 1/2 cup Sugar In The Raw®

#### **PREPARATION**

Preheat oven to 350°F. Combine flour, baking soda, salt, ginger, cinnamon and cloves in a medium bowl; set aside. Beat butter, Stevia in the Raw, and 1/4 cup Sugar in the Raw® in a large bowl with mixer at mediumhigh speed until well mixed. Beat in egg and corn syrup until smooth. Stir in flour mixture. Refrigerate dough 1 to 2 hours or until easy to handle. Place 1/2 cup Sugar in the Raw® in a small dish. Shape dough into 3/4-inch balls; roll in sugar. Place balls 2 inches apart on greased cookie sheets. Bake 7 to 10 minutes or just until edges begin to brown. (Do not overbake or cookies will be dry.) Cool 1 minute on baking sheet, then remove to wire racks to finish cooling.



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# Crème Brûlée **French Toast**

armagazine.com/creme-bruleefrench-toast

"Very rich French toast that can be made ahead of time." -SANDIPANTS

- 1 stick butter
- 1 cup packed brown sugar
- 2 tablespoons corn syrup [From our kitchen: The

- corn syrup made this too sweet for us, so we recommend skipping it.]
- 6 (1-inch-thick) slices French bread (from a wide 1-pound loaf)
- 5 eggs
- 11/2 cups half-and-half
- 1 teaspoon vanilla extract
- 1 teaspoon orange liqueur (such as Grand Marnier) Powdered sugar for dusting (optional)
- 1 Melt butter in a saucepan over medium heat. Add brown sugar and corn syrup (if using) and stir until sugar is dissolved. Pour into a 9x13-inch baking dish and arrange bread slices over it in a single layer. Whisk together eggs and remaining ingredients in a bowl. Pour over bread, then chill, covered, 8 hours (overnight).
- 2 Preheat oven to 350°F. Remove dish from refrigerator and bring to room temperature.

Bake, uncovered, until puffed and lightly browned, 35 to 40 minutes. Sprinke with powdered sugar, if desired.

PER 1-SLICE SERVING 510 CAL; 27g FAT (15.5g SAT); 10.2g PRO; 59g CARB; 0.6g FIBER; 359mg SODIUM; 218mg CHOL

SUBMITTED BY Sandipants PREP 15 min соок 40 min READY IN 9 hr

> SERVES 6 RATING

657 reviews



Blipp it, watch it, bake it! (See page 4 for blipp details.) Or go to armagazine.com/cremebrulee-french-toast-video

SAVED 18,951 TIMES

(includes chilling)

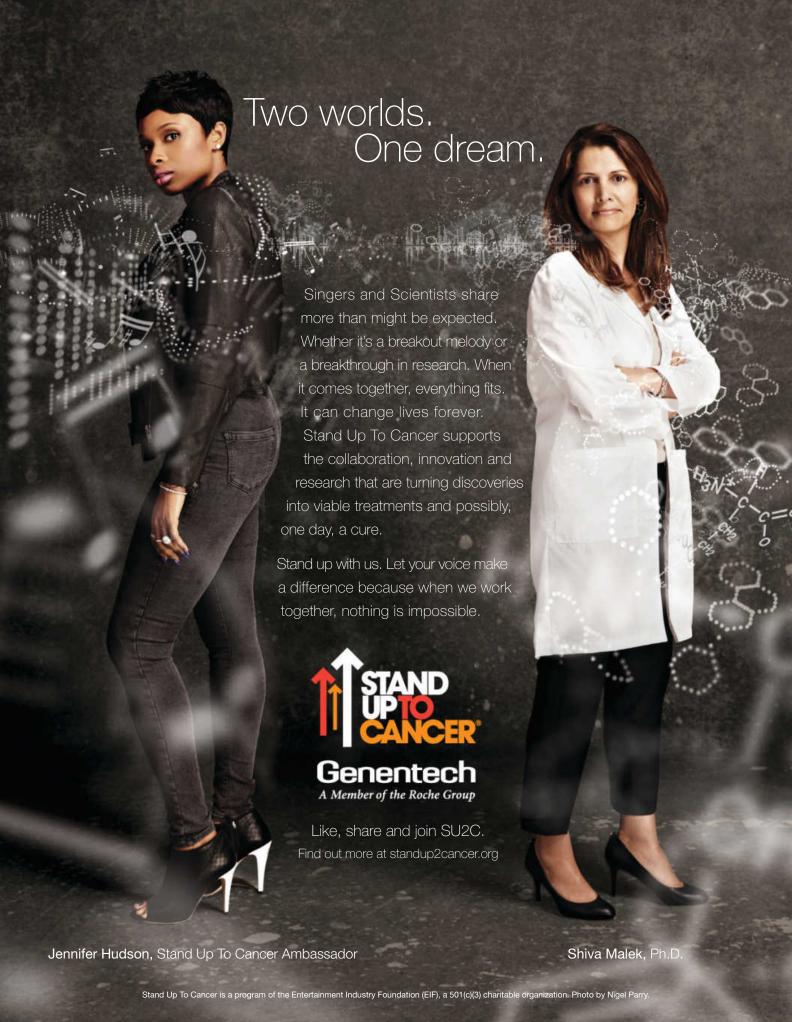
YOU SAID

I substituted maple syrup for the corn syrup and sprinkled cinnamon on top before baking. -PSF000

No need for it to sit in the fridge overnight if you're

pressed for time. I just prepared it and stuck it in the oven. After it was done, I sliced it and inverted it onto a serving platter so the brown sugar would be on top. Delicious. —JOSIE

I served it with 'drunken strawberries' on top: Cut up a quart of strawberries, add 1/4 cup Grand Marnier and 1/4 cup sugar, then mix in a bowl and leave overnight. -B-DETTY





MAKE IT A MEAL SUBMITTED BY Suzanne Call PREP 5 min соок 25 min READY IN 30 min **SERVES** 8 (makes 14 cups) RATING \*\*\*\* 7 reviews

# **Hearty Italian Meatball Soup**

🔘 😇 可 armagazine.com/ hearty-italian-meatball-soup

- 3 cups water
- 2 (14.5-ounce) cans diced tomatoes with garlic, undrained
- 31/2 cups low-sodium beef broth
  - 1 teaspoon Italian seasoning
- 24 frozen cooked Italianstyle (11/2-inch-diameter) meatballs (20 to 22 ounces)
  - 1 (1-pound) bag frozen Italian-blend vegetables [From our kitchen: These vary by brand but typically contain zucchini, carrot, cauliflower, and romano and/or lima beans. If you can't find Italian-blend veggies, you can substitute California-blend frozen veggies—a mix of carrot, broccoli, and cauliflower.]

- 1 cup small star-shaped pasta (about 6 ounces) [From our kitchen: Orzo. ditalini, mini shells, or pearl couscous will also work.]
- 1/4 cup grated parmesan cheese
- 1 Stir together water, tomatoes, broth, and Italian seasoning in a large pot; bring to a boil. Add meatballs, vegetables, and pasta. Return to a boil, then reduce heat to medium-low and cook until meatballs are heated through and pasta is tender, 8 to 10 minutes. [From our kitchen: For a little extra color and flavor, stir in a teaspoon of chopped fresh parslev.1
- 2 Ladle soup into bowls and sprinkle each with 11/2 teaspoons parmesan. [From our kitchen: Leftovers keep up to 3 days, chilled, covered. This soup thickens as it stands, so you may need to add a little more broth when reheating.]

PER 13/4-CUP SERVING 355 CAL; 17.5g FAT (6.1g SAT); 17.4g PRO; 33g CARB; 5.4g FIBER; 869mg SODIUM; 51mg CHOL

**Garlic Bread** armagazine.com/toastedgarlic-bread

YOU SAID

"Quick and scrumptious garlic bread that will complement any Italian meal. Melted mozzarella is optional, but delicious!" -CLAIR

I used four large cloves of garlic

This was super easy,

cheaper, and tastes so

much better than store-

bought or frozen. You can

the cheese. Both ways, it's

make it with or without

great! -GIGGLETUSH

**Toasted** 

because we all love garlic.

- 1 (1-pound) loaf unsliced Italian bread [From our kitchen: You can use a soft French loaf, too, but an oblong Italian loaf—about 10 inches long, 5 inches wide, and 4 inches tall—is ideal for this recipe.]
- 5 tablespoons butter, softened
- 2 teaspoons extra-virgin olive oil
- 3 cloves garlic, minced

1 teaspoon dried oregano or 1 tablespoon minced fresh oregano

Instead of cutting it into individual slices, I just cut the loaf in half lengthwise and spread the mixture on both halves. I sprinkled mine with parmesan instead of mozzarella and baked it at 425°F for 10 to 12 minutes instead of broiling. Delicious! -JILLIAN

- 1/8 teaspoon salt Pinch black pepper 1 cup shredded mozzarella
- 1 Preheat broiler. Cut bread into 8 (1- to 11/2-inch-thick) slices and arrange on a rimmed baking sheet.

cheese (4 ounces)

- 2 Mix together butter, oil, garlic, oregano, salt, and pepper in a small bowl. Spread approximately 2 teaspoons of mixture on top of each bread slice.
- 3 Broil about 4 inches from heat until just beginning to brown, 1 to 2 minutes.
- Remove from broiler. Sprinkle each slice with 2 tablespoons cheese and broil until cheese is melted and lightly browned, 1 to 11/2 minutes more.

PER 1-SLICE SERVING 273 CAL; 13.2g FAT (6.8g SAT); 8.5g PRO; 30g CARB; 1.7g FIBER; 538mg SODIUM; 28mg CHOL

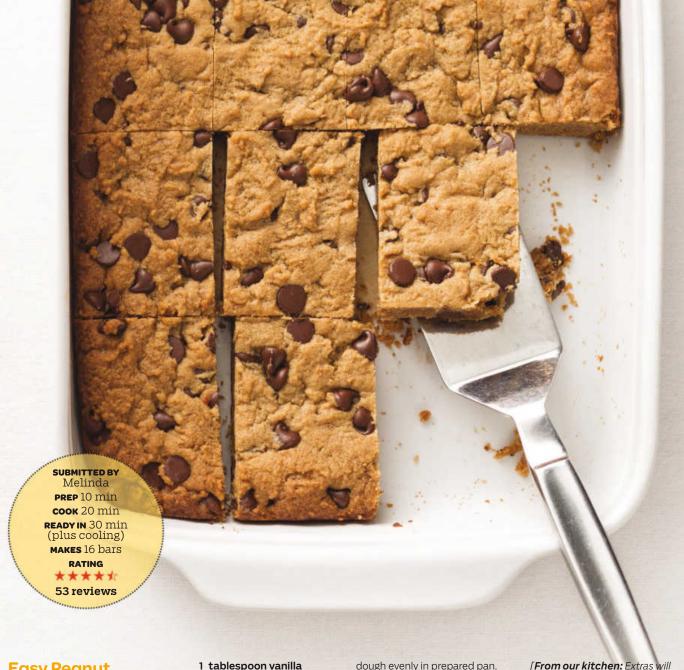
SUBMITTED BY PREP 15 min соок 5 min READY IN 20 min SERVES 8 RATING \*\*\*\* 617 reviews

# YOU

This was yummy and extremely simple to put together. Great for soccer-practice night when everyone's in a hurry and on different schedules. -MOMYKURTZ

Simple and hearty! We used Johnsonville classic Italian-style meatballs. We also added 2 cups of fresh spinach.—SKUKEMCHUK

Thanks for a great snowday meal. - ELAINEI 9808



# **Easy Peanut Butter Bars**

armagazine.com/easy-peanut-

"I got this recipe from one of my best friends. She made them for a football party that we went to. They are super good and very easy to make!" - MELINDA

- 13/4 cups flour
- 11/4 cups packed light brown sugar
- 3/4 cup peanut butter [From our kitchen: For added texture, try it with crunchy peanut butter.]
- 1 stick butter, softened
- 3 tablespoons milk
- 1 large egg

- 1 tablespoon vanilla extract
- 3/4 teaspoon salt
- 3/4 teaspoon baking soda 1 cup chocolate chips
- 1 Preheat oven to 375°F. Spray bottom and sides of a 9x13-inch baking pan or baking dish with cooking spray. [From our kitchen: For easier cutting and cleanup, line the pan with foil, leaving a 2-inch overhang, before spraying with cooking spray. After baking and cooling, use the foil to lift the bars out of the pan and onto a cutting board.]
- 2 Mix together flour, sugar, peanut butter, butter, milk, egg, vanilla, salt, and baking soda in a bowl with an electric mixer at medium speed until combined. Stir in chocolate chips. Spread

dough evenly in prepared pan. 3 Bake until a toothpick inserted in center comes out clean, 20 to 25 minutes. Let cool about 20 minutes (while you eat your soup) in pan on a rack.

keep, covered, at room temperature up to 5 days.]

PER 21/4x3-INCH BAR 275 CAL; 15.7g FAT (6.9g SAT); 5.1g PRO; 31g CARB; 1.6g FIBER; 275mg SODIUM; 27mg CHOL

YOU SAID

This is one of my favorite dessert recipes. I bake it in a pie plate, cut it into wedges, and top each slice with a scoop of vanilla ice cream. -SARAH JO

I have two very serious peanut butter/chocolate lovers in my house, and this recipe got thumbs-ups from both! I pushed mini peanut butter cups into the dough just after it came out of the oven and... wow! Living the good life includes these bars. -ACKWDW123

So easy! I used natural crunchy peanut butter and substituted applesauce for the butter. - KRYSTEENAGEM





# The more we talk, the stronger our bonds become.

It's the same approach we use when looking for solutions to grow food more sustainably. We work with experts from a variety of fields to develop solutions for farmers that help ensure better harvests. That way, more families can access a balanced meal. It's time for a bigger discussion about food.

Be part of the conversation at **Discover.Monsanto.com** 



#### More Menus from This Issue

For answers to two of life's most persistent questions—"What's for supper tonight?" and "What goes with that?"—look no further.



Garlic Chicken Stir-Fry



steamed rice



Light and Fluffy Coconut Macaroons



**WINE PICK** Zinfandel or California Chardonnay



Italian Breaded **Pork Chops** 



Roasted Parmesan-**Garlic Carrots** 



Creamy Wild Mushroom Ragout





Blackened Chicken with **Avocado Cream Sauce** 



steamed broccoli



store-bought Mexican chocolate ice cream



**BEER PICK** Dark lager such as Dos Equis



**Chinese Pork** Tenderloin



Twice-Baked Sweet Potatoes with Ricotta Cheese



Green Beans with Orange Olive Oil



WINE PICK Riesling or other aromatic white



Easy Spaghetti with **Tomato Sauce** 



a green salad



**Toasted Garlic Bread** 

Spaghetti's Ready

**WINE PICK** Chianti or a Merlot from Washington state



Chef John's Mango Bango Salmon



Lime-Cilantro Cauliflower "Rice"



steamed snow peas



**BEER PICK** Victory Golden Monkey or other Belgian-style ale



Lancashire Hot Pot



Peas and Pancetta



**Shortbread Cookies II** 



**WINE PICK** Côtes du Rhône or other Syrah- or Grenache-based blend





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▶▶▶ Pinterest.com/HonestTurkey HoneysuckleWhite.com



FRESH YOUNG TURKEY

100



Gingerbread came to America with English colonists, and it's remained a symbol of the holidays ever since. We've got the traditional cookies, plus some modern spins on this Old World classic.



#### Eileen's Spicy Gingerbread Men

armagazine.com/eileens-spicy-gingerbread-men

- 2 cups flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 stick butter
- 1/2 cup sugar
- 1/2 cup unsulphured molasses [From our kitchen: Unsulphured molasses has a more pronounced sugarcane flavor, as no sulphur is used during processing.]
- 1 large egg yolk
- Mix together flour, salt, baking powder, baking soda, cloves, ginger, cinnamon, and nutmeg in a large bowl. In another bowl.

beat butter and sugar with an electric mixer at medium speed until light and fluffy, about 3 minutes. Beat in molasses and yolk. With mixer on low speed, beat flour mixture into molasses mixture until just combined. Turn out dough onto a sheet of wax paper or plastic wrap, wrap tightly, and chill at least 1 to 2 hours and up to 3 days. [From our kitchen: Well-chilled dough is much easier to work with, so we recommend taking the extra hour. Dough can also be frozen up to 3 months. Thaw dough in refrigerator before proceeding.]

- upper and lower thirds of oven. Roll out dough on a lightly floured surface to 1/4 inch thick. Cut out cookies using a 3-inch gingerbread-man cookie cutter or another favorite cutter. Space cookies 2 inches apart on 2 ungreased baking sheets.
- Bake in batches in upper and lower thirds of oven until tops of cookies are firm to the touch, 8 to 10 minutes. Transfer cookies

Delicious, soft, and chewy.

I used white chocolate to pipe on the features, buttons, bow ties, and scarves. Not only are they adorable, they taste out of this world. —VARLINGVASH

If you long for a spicier kick to your gingerbread, double the spices (except cloves) and add a liberal dash or two of cayenne. —BARIGAT

immediately to wire racks to cool completely. If you like, frost or decorate once cooled.

[From our kitchen: Baked cookies will keep for 3 days in an airtight container at room temperature or frozen for up to 1 month.]

PER 1-COOKIE SERVING 88 CAL; 3.3g FAT (2g SAT); 1g PRO; 13.9g CARB; 0.3g FIBER; 93mg SODIUM; 14mg CHOL

### Who Put the "Man" in Gingerbread?

The flavor of holiday gingerbread may have morphed into lattes, marshmallows, and gelatin today, but real gingerbread—the kind you'll find in a traditional cookie—has a long history. Although the ancient Chinese used gingerroot medicinally and to season food, historians credit the Greeks with introducing gingerbread to the world, in a bread recipe dating from 2400 BC.

It wasn't until the Middle Ages, however,

that it became truly popular: Europeans made crispy cookies using preserved ginger, bread crumbs, molasses, wine, and rose water. Painted with icing or gold leaf, they were sold at fairs, markets, and pharmacies. Experts believe it was Queen Elizabeth I who had the idea to mold the dough into shapes of animals and people. It's even said that she had some cookies made to resemble members of her royal court.

Gingerbread became associated with the holidays during the 16th century, when Germans began decorating little gingerbread-cookie houses to mark the start of the Christmas season. And in 1812—after the Brothers Grimm published Hansel and Gretel, featuring a witch's house made entirely of sweets—there was no turning back. Gingerbread was here to stay. —Lauren0926

### **Eggnog-Gingerbread**

armagazine.com/eggnog-gingerbread-trifle

"Combining two of the holiday season's best flavors, this dessert is easy to make and popular with a crowd!"—JEN GRAHAM

- 1 (14.5-ounce) package gingerbread cake mix [From our kitchen: Look for this where you find brownie mix at the supermarket. It's often not stocked with the other cake mixes.]
- 1 (5.1-ounce) package instant vanilla pudding mix
- 3 cups eggnog
- 2 cups heavy cream
- 1/4 cup sugar
- 2 teaspoons vanilla extract or bourbon
- 1/4 cup sweetened dried cranberries. chopped (optional)
- 2 tablespoons gingersnap cookie crumbs (optional)

- 1 Prepare gingerbread cake mix and bake according to package directions. Cool completely, about 45 minutes.
- 2 Meanwhile, put pudding mix in a large bowl. Add eggnog and whisk for 2 minutes. Chill pudding until gingerbread cake is cool and you're ready to assemble trifle.
- 3 Beat cream in another large bowl until soft peaks form. Gradually beat in sugar, then vanilla, beating until stiff peaks form.
- 4 Crumble half of gingerbread into bottom of a trifle bowl or large glass bowl. Spread half of eggnog pudding over gingerbread, then spread half of whipped cream on top of pudding. Make another layer with remaining gingerbread, pudding, and whipped cream. Chill 6 hours or overnight. 5 Sprinkle cranberries and cookie crumbs
- PER 1-CUP SERVING 339 CAL; 18.2g FAT (9.8g SAT); 4.6g PRO; 40g CARB; 0.6g FIBER; 366mg SODIUM; 86mg CHOL

(if using) over top before serving.

YOU SAID

I made this for Christmas dinner, and it was fantastic! I doubled the pudding mixture and added nutmeg and cinnamon to the whipped cream. I couldn't find a gingerbread cake mix, so I used a spice cake. I added ground ginger and molasses to make it taste just like gingerbread. -LINDSAYANDCORY

I made this for a holiday potluck and took home Best Dessert prize! I put store-bought mini gingerbread cookies around the inside of the bowl for some holiday whimsy. - OGSHORTEY

I made this in individual wine glasses, with thinner layers of gingerbread cake. Easy and impressive! —JOYCEHUMISTON





SUBMITTED BY Chef John PREP 30 min соок 12 min READY IN 1 hr. 30 min (includes chilling) MAKES 12 RATING \*\*\* 12 reviews

#### **Gingerbread Whoopie Pies**

armagazine.com/gingerbread-whoopie-pies

#### **FOR COOKIES**

- 10 ounces flour [From our kitchen: As Chef John himself warns, it's crucial to weigh the flour for this recipe to work. Ten ounces by weight is about 2 cups plus 2 tablespoons by volume, but because flour can become quite compressed in the bag or canister, portioning by cup is not very accurate. If you are not going to weigh the flour, only add about 11/2 cups. If the batter seems too thin after mixing, gradually add more flour until you have thick batter.]
- 1/2 cup white sugar
- 21/2 teaspoons ground ginger, or more
- 11/4 teaspoons baking soda
  - 1 teaspoon cinnamon
- 3/4 teaspoon salt
- 1/3 cup vegetable oil
- 1/2 cup unsulphured molasses [From our kitchen: Unsulphured molasses is the highest quality; it has a more pronounced sugarcane flavor, as no sulphur is used during processing.]
- 1 large egg
- 1/3 cup boiling water

#### **FOR FILLING**

- 21/2 cups sifted powdered sugar
  - 1 (8-ounce) package cream cheese, softened
- 1/2 stick butter, softened

- 2 teaspoons heavy cream (optional) [From our kitchen: Although the original recipe calls for cream, we found the filling was soft enough without it. If you do find you want it softer, you could also use milk.]
- 1 teaspoon vanilla extract
- 1 Preheat oven to 350°F. Line a baking sheet with parchment paper or a silicone baking mat.

#### Make cookies:

- 2 Stir together flour, white sugar, ginger, baking soda, cinnamon, and salt in a large bowl. Stir in oil, molasses, and egg until combined. Add boiling water and whisk until smooth.
- 3 Drop dough in balls onto prepared baking sheet with a 1-ounce cookie scoop, spacing about 1 inch apart.
- 4 Bake until puffed and just firm to the touch, about 12 minutes. Let cool on pan for 5 minutes, then transfer to a wire rack to cool completely. [From our kitchen: The cookies (without filling) can be made 1 day ahead and kept in an airtight container at room temperature, or they can be frozen up to 3 months, layered between sheets of wax paper.]

#### Make filling:

- 5 Beat together powdered sugar, cream cheese, butter, cream (if using), and vanilla in a bowl with an electric mixer on low speed until combined. Increase speed to high and beat until light and fluffy, about 3 minutes.
- 6 Spread about 1 tablespoon of filling onto flat side of a cookie, then top with another similarly sized cookie. Make 11 more

YOU

2 I mistakenly used a measuring cup to measure the 10 ounces of flour before I read the note about weighing. I thought I could just add the remainder of the flour to measure 2 cups, but the cakes came out like Pfeffernüsse. I tried again using 11/2 cups of flour and they came out perfect. -JACQUE TANNER LEVINE

I took the completed pies to a class of fifth graders for their holiday party. After just one bite, one boy exclaimed, 'I'll have an order of 20!' The cream was probably 50 percent more than what was needed. No problem, we will just make more whoopie(s)! -BRIAN \$

sandwiches in same manner. Chill 30 minutes to firm up filling before serving.

[From our kitchen: There will be some leftover filling, which can be frozen and used another time for more whoopie pies. It can also be used for cupcake frosting, fruit dip, and pancake toppings. Assembled whoopie pies will keep up to 3 days, chilled in an airtight container.]

PER 1-WHOOPIE-PIE SERVING 401 CAL; 17.3g FAT (7.1g SAT); 4.2g PRO; 59g CARB; 0.8g FIBER; 388mg SODIUM; 48mg CHOL



Blipp now to watch Chef John make this recipe, or go to armagazine.com/ gingerbread-whoopie-pies-video

#### YOU SAID

#### **Gingerbread Biscotti**

armagazine.com/gingerbread-biscotti

"These spicy Italian cookies are the perfect accompaniment for cocoa or coffee during the holiday season."
—CRISTINA COMEZ

- 1/3 cup vegetable oil
- 1 cup sugar
- 3 large eggs
- V4 cup unsulphured molasses [From our kitchen: Unsulphured molasses is the highest quality; it has a more pronounced sugarcane flavor, as no sulphur is used during processing.]
- 21/4 cups all-purpose flour
  - 1 cup whole-wheat flour
  - 1 tablespoon baking powder
- 11/2 tablespoons ground ginger
- 21/4 teaspoons cinnamon
- 1/2 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- Preheat oven to 375°F. Grease a large baking sheet or line with parchment.
- 2 Stir together oil, sugar, eggs, and molasses in a large bowl. Combine flours,

baking powder, ginger, cinnamon, cloves, nutmeg, and salt in another bowl. Stir flour mixture into oil mixture until well combined.

- Divide dough in half. Shape one half into a 16-inch-long log on prepared baking sheet. Make another log with other half of dough, also on baking sheet, spacing logs about 6 inches apart on sheet. With lightly floured hands, pat out each log to ½ inch thick.
- Bake until tops are set when pressed, about 20 minutes. Cool 10 minutes on baking sheet, then transfer to a work surface and cut diagonally into ½-inchthick slices. Put slices on baking sheet and bake until crisp, 5 to 7 minutes on each side. Transfer to wire rack to cool completely (cookies will harden a little more as they cool).

[From our kitchen: We drizzled our cookies with white chocolate as community member TLC suggests. Cookies keep up to 1 week in an airtight container at room temperature or can be well wrapped and frozen up to 3 months.]

PER 1-COOKIE SERVING 70 CAL; 1.9g FAT (0.3g SAT); 1.4g PRO; 12g CARB; 0.5g FIBER; 40mg SODIUM; 12mg CHOL If you use a long serrated knife and cut slowly, they turn out great. Biscotti should be a little crumbly when cutting because it gets crispy when it goes back in for the second baking. Remember that baking takes patience and love. My Sicilian grandmother would be proud. —AM®

I made these for Christmas for some of my coworkers, and all of them absolutely raved! I wrapped the biscotti up in colorful cellophane bags from the dollar store and tied the packages with pretty ribbon. I will definitely make these again! —KAREN\_M

It helps to dampen your hands in cool water when shaping the logs, so they're not as sticky. I baked them a little longer on the second bake, as I wanted them more firm. And I dipped some of them in melted white chocolate. —TLC





#### Silky Gingerbread Pie

armagazine.com/silky-gingerbread-pie

"With a filling that's silky-smooth, this rich pie lets you enjoy classic gingerbread flavors in a whole new way. A small slice is all you need." — SANDY&

- 1 (9-inch) unbaked pie crust, storebought or homemade
- 1/2 cup packed light brown sugar
- 1/3 cup white sugar
- 1/4 cup cornstarch
- 11/2 teaspoons ground ginger
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt

- 1/8 teaspoon ground allspice
- 1/4 cup unsulphured molasses [From our kitchen: Unsulphured molasses is the highest quality; it has a more pronounced sugarcane flavor, as no sulphur is used during processing.]
- 2 cups half-and-half
- 4 large egg yolks
- 2 tablespoons butter
- 1/2 cup heavy cream
- 1 Preheat oven to 400°F.
- 2 Press pie crust into a 9-inch pie pan and prick bottom and sides with fork. Bake crust until lightly browned, 10 to 12 minutes.
- 3 Set a fine-mesh sieve over a bowl. Whisk together sugars, cornstarch, ginger, cinnamon, nutmeg, cloves, salt, and

allspice in a saucepan. Gradually whisk in molasses and half-and-half until smooth. Whisk in yolks.

- 4 Cook mixture over medium heat, whisking constantly, until large bubbles appear on surface, about 7 minutes. Reduce heat to low and cook, whisking constantly, 1 minute. Remove from heat and pour through sieve. Whisk in butter.
- 5 Pour filling into pie crust, put a sheet of plastic wrap directly on surface of filling. and refrigerate until set, about 3 hours.
- 6 When ready to serve, lightly beat cream until soft peaks form. Top each slice with a heaping tablespoon of whipped cream.

PER SERVING 796 CAL; 51g FAT (16.7g SAT); 9.6g PRO; 75g CARB; 4.5g FIBER; 707mg SODIUM; 94mg CHOL

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# Marinated Olive and Cheese Skewers

Serves 15 | Prep time: 10 min. | Total time: 30 min., plus marinating time

#### INGREDIENTS

- 1 cup GOYA® Extra Virgin Olive Oil
- 1 orange, zested and juiced
- 2 tsp. finely chopped fresh rosemary
- 1 tsp. **GOYA® Minced Garlic**, or 2 cloves garlic, finely chopped
- 1/4 tsp. hot pepper flakes
- 1 jar (6.75 oz.) GOYA® Manzanilla Olives Stuffed with Minced Pimientos, drained
- 2 jars (4 oz. each) **GOYA® Fancy Pimientos**, drained and sliced
- 1 pkg. (12 oz.) queso blanco (white cheese), cubed

#### DIRECTIONS

- Add olive oil, orange juice and zest, rosemary, garlic and hot pepper flakes to small saucepan over medium-high heat. Cook, stirring occasionally, until mixture is warm and garlic is fragrant, about 2 minutes.
- Place olives and pimientos in medium, non-reactive bowl. Pour warm olive oil mixture over olives and pimientos; set aside until cool. Stir in cheese; cover with plastic wrap. Refrigerate at least 4 hours, or up to 3 days.
- 3. Alternately thread cheese, olives and pimientos among thirty 6° skewers. Transfer to serving plate; drizzle with marinade.



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If it's GOVA ... it has to be good!

# **Must Love Dogs**

Allrecipes community member TheBritishBaker, aka Lindsey Buckley, puts her cookie cutters to work all year round by baking homemade doggie treats. She shares some wisdom and recipes that the pups on your list are sure to appreciate. By AnnHod

runchy carrot treats and peanutty bites. Cranberry-apple biscuits and cheesy spinach bagels. A new line of healthy snacks, perhaps? Nope! They're Lindsey Buckley's homemade dog treats.

Lindsey, a British native, first began concocting snacks for the family dog-then an English cocker spaniel named Oliver-back in Derbyshire, England. About five years ago, the Buckley family moved to Houston and acquired a new pair of English cockers: Brie ("a proper diva") and Henri ("the docile one"). Their arrival inspired further experiments in dog-treatery.

Like many cooks, Lindsey started out baking for humans, an activity inspired by her grandmother. "She insisted on making a fresh cake every day," Lindsey recalls. Likewise, Lindsey lavished home-baked goods on her husband and their two sons. Making treats for Brie and Henri evolved naturally from there.

"I was constantly baking anyway," she says, "and dog treats are so expensive." She already had a bunch of cookie cutters, so why not? Over the years, Lindsey has created more than a dozen dog-treat recipes, often named for the dog who likes them best.

People often ask if they can taste her dog goodies—and they certainly could if they really wanted to. Lindsey makes them with the same ingredients she uses to bake for her family. "They're probably better than regular cookies from the supermarket," she says.



Leftovers and research both play a part in her recipes. When Lindsey learned that lavender may be calming, she came up with a lavender-vanilla combo just for canines. She's found that mint freshens doggy breath, and peanut butter proves eternally popular with the fourlegged set.

But consistency is just as important as flavor. With practice, Lindsey has come up with doughs that roll out easily and can bake for a long time. "Make sure you've gotten them hard enough," she advises. "The harder they are, the longer they'll keep."

Some keep indefinitely—not that Brie and Henri leave them around long enough for that.

When it comes to her dogs' regular mealtime food, Lindsey buys it rather than making it. "I only deal with the treat side," she says.

It's a win-win: She has fun baking, and Henri and Brie have plenty of incentives to be good.



#### **Brie's Turkev**and-Cranberry **Dog Bones**

@ @ armagazine.com/briesturkey-and-cranberry-dog-bones

- 31/2 cups whole-wheat flour 1 teaspoon baking powder
  - 1 cup shredded cooked turkey (5 ounces) [From our kitchen: Shred the meat extra fine to make the dough easier to cut.]
  - 1 cup dried cranberries, finely chopped (4 ounces)

  - 1 tablespoon olive oil
  - 1 cup low-sodium chicken broth, or as needed [From our kitchen: We used about 3/4 cup.1
- 1 Preheat oven to 350°F and arrange racks in upper and lower thirds of oven. Lightly grease

- 2 large baking sheets or line with parchment paper.
- 2 Whisk together flour and baking powder in a large bowl until thoroughly combined. Stir in turkey and cranberries. Make a well in center of flour mixture and drop egg into it, then add oil and 1/2 cup broth. Mix until a soft dough forms. If mixture is too dry, add more broth, about 1 tablespoon at a time.
- 3 Turn dough out onto a lightly floured work surface and knead until smooth, 1 to 2 minutes. Roll out 1/4 inch thick and cut out treats with bone-shaped cutters. Transfer to prepared baking sheets.
- 4 Bake until browned, about 25 minutes. Turn oven off and leave treats in oven 30 minutes more to crisp. Store in airtight containers in the fridge up to a month or in the freezer up to 6 months.



Very good! My dog loves these. I used 1/2 cup of homemade cranberry sauce instead of dried cranberries. I also tossed in 1/2 cup of leftover peas. It made an adorable red-and-green treat—a great way to give your pet holiday leftovers! -KARRI-ANN FLATER





#### Henri Hound's **Cheesy Spinach Dog Breakfast Bagels**

😭 💿 armagazine.com/ henri-hounds-cheesy-spinachdog-breakfast-bagels

- 3 cups whole-wheat flour 3/4 cup packed chopped fresh spinach (23/4 ounces) [From our kitchen: You can use frozen spinach, too. Just be sure to squeeze it dry first.]
- 1/2 cup shredded mozzarella
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon olive oil
- 11/4 cups water
- 1 Preheat oven to 350°F and arrange racks in upper and lower thirds of oven. Lightly grease 2 large baking sheets or line with parchment paper.

- 2 Mix together all ingredients except water in a large bowl. Stir in water a little at a time. Mix with an electric mixer on medium speed until thoroughly combined, 1 to 2 minutes (dough will be stiff).
- 3 Turn dough out onto a lightly floured surface and knead until smooth, 1 to 2 minutes. Roll out ¼ inch thick and cut out bagels with a 3-inch round cookie cutter and a 11/2-inch round cookie cutter for centers (or just use your finger). Transfer to prepared baking sheets.
- Bake 1 hour. Turn oven off and leave treats in oven 30 minutes more to crisp. [From our kitchen: We baked some for just 30 minutes and some for 1 hour before the 30-minute crisping. Both turned out crisp. 1
- Store cooled treats in an airtight container at room temperature up to a month or in the freezer for up to 6 months.

#### **Brie's Gingerbread Men Dog Biscuits**

🔯 😈 armagazine.com/briesgingerbread-men-dog-biscuits

- 21/2 cups whole-wheat flour [From our kitchen: We used 23/4 cups flour and omitted the water.]
- 3/4 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon ginger
- 1/2 teaspoon nutmeg
- 2 large eggs
- 1/2 cup molasses
- 1/3 cup vegetable oil
- 3 tablespoons water, or as needed
- 1 Preheat oven to 350°F and arrange racks in upper and lower thirds of oven. Lightly grease 2 large baking sheets or line with parchment paper.
- 2 Stir together flour, oats, baking

powder, ginger, and nutmeg in a large bowl. Add eggs, molasses, and oil, and mix until well blended. Add water if needed to loosen.

- Turn dough out onto a lightly floured surface and knead until smooth, about 2 minutes. Roll out 1/4 inch thick and cut out biscuits with 3- to 4-inch gingerbread man (or woman) cookie cutters.
- Transfer half of biscuits to prepared baking sheets.
- Bake in upper and lower thirds of oven 25 minutes. Turn oven off and leave treats in oven 30 minutes more to crisp. Bake remaining biscuits in same manner. Store cooled treats in an airtight container at room temperature up to a month or in the freezer for up to 6 months.

#### SOME DOGGONE GOOD POINTERS

**From our kitchen:** These biscuits don't spread as they bake, so you can place them close together—just not so close that they touch.

From TheBritishBaker: If your dog is sensitive to wheat flour, simply substitute 11/4 cups rye or oat flour or 3/4 cup rice, barley, or potato flour for each 1 cup wheat flour.



Pets make the "nice" list: In a recent poll, a whopping 100 percent of our Facebook fans said they give their pets a special treat for the holidays.

My dogs really truly LOVE these! I made the bagels as directed, but also made mini bagels out of the bagel holes from the bigger ones. I found that I needed to use a little more water, but other than that I followed the recipe exactly. I'll make again and again. Thank you!:) -COOKINBUG

#### TIPS FOR DIY DOGGIE TREATS

Whether you're making homemade dog treats to save money, to steer clear of additives, or just to give the fur-babies in your life some additional love, here are a few things to keep in mind:

**Dogs are nowhere near as picky as their owners.** They have only 1,700 taste buds compared to our 9,000. So you can skip added salt, sugar, and spices.

Some human foods are dangerous for dogs.

Steer clear of onions, coffee, macadamia nuts, and chocolate in any form, as well as (believe it or not) grapes and raisins. And be sure to leave out the stems and leaves of fruits and vegetables—they can be toxic to dogs.

Want to go beyond snacks? Ask your vet. Homemade snacks can be a great addition to a dog's diet. But it's usually better not to make your dog's main meals without some research. Whether dried, canned, or raw, many purchased dog foods are formulated with essential vitamins, minerals, and fats that dogs need to stay healthy.



When she's not baking up new treats for her English cocker spaniels—dark-coated Henri, above right, and his fair-furred sister, Brie, above left—Lindsey Buckley runs an Etsy jewelry store, sells real estate, travels, tends her backyard chickens, and cooks for the two-legged members of her family, too.



# Germans love their sweets and the Control of the Co

Germans love their sweets, and the Christmas season ushers in a batch of beloved seasonal goodies. Online editorial producer Barbara Sauermann tells us about a national favorite from Allrecipes Germany.

f all the Christmas foods that Germans look forward to every year, the crescent-shaped cookies called Vanillekipferl are perhaps the most special. Families all over the country make them by the dozens. I have many memories of my Aunt Elisabeth baking up big batches during Advent, the month leading up to Christmas. She was a very precise baker and could expertly bend the delicate almond dough without breaking it. (The word Kipferl refers to the cookie's crescent shape.) The rest of my family made the cookies, too, but ours never turned out quite as perfect as Aunt Elisabeth's.

The most important ingredient in Vanillekipferl is the vanilla sugar (in Germany we use granulated sugar; Austrian cooks use powdered sugar). Vanilla sugar is very common in German baking, and popular brands like Dr. Oetker can be found in grocery stores all over

Europe. In the U.S., you can find it at specialty stores or buy it online. Or you can easily make your own: Put two scraped-out vanilla pods in a jar with a cup of granulated sugar and let it sit for at least two weeks with the lid screwed on tight, shaking it occasionally, so the sugar is infused with vanilla flavor. (There's also a "quick" method below that takes just a couple of minutes!)

During Advent and Christmas, it's customary for Germans to replace our usual afternoon cake—which we eat with tea or coffee—with holiday cookies. Along with Vanillekipferl, we serve sugar cookies, coconut macaroons, Lebkuchen (similar to gingerbread), and other family favorites. The recipe for Vanillekipferl varies from family to family: Some prefer nuts other than almonds, or use only the egg yolks, or no eggs at all. However you choose to make them is up to you, and with enough practice, you'll be a Kipferl pro like Aunt Elisabeth! -BARBARA

#### Vanillekipferl

armagazine.com/vanillekipferl

#### **FOR COOKIES**

21/3 cups all-purpose flour

11/2 cups almond flour or meal [From our kitchen: If you can't find almond flour, you can finely grind 1 cup plus 2 tablespoons slivered, blanched almonds with the sugar in a food processor.]

1/2 cup plus 2 tablespoons sugar

21/4 sticks butter, softened

3 large egg yolks

FOR VANILLA SUGAR

1/2 cup plus 1 tablespoon sugar

3 whole vanilla beans

#### Make cookie dough:

1 Stir together flours and sugar in a large bowl. Add butter and egg yolks, and knead in bowl with your hands until smooth. Divide dough into quarters and form each piece into a rectangle, then wrap each rectangle in plastic wrap. Chill dough until firm, at least 1 hour and up to 8 hours (overnight).

#### Make vanilla sugar:

2 Meanwhile, put sugar in a food processor. Halve each vanilla bean lengthwise, then scrape seeds into sugar using back of a knife. Pulse until seeds are evenly dispersed, then pour into a shallow bowl. [From our kitchen: Use your empty pods to make more vanilla sugar; see story above. Vanilla sugar will keep indefinitely in an airtight container in a cool, dry place.]

#### Form and bake cookies:

- 3 Preheat oven to 350°F. Line a large baking sheet with parchment paper.
- Working with 1 rectangle at a time and

keeping remaining dough chilled, cut dough into 6 equal pieces, then roll each piece evenly into a ½-inch-thick log on a work surface. Cut each log crosswise into 2-inch pieces, then gently roll or pinch ends of each piece into points. [From our kitchen: You'll end up with about 5 pieces per log, but it depends on the length of your log. As long as you keep your logs ½ inch in diameter, your cookies will be a uniform size.] Curve each piece into a crescent and transfer to prepared baking sheet, about 1 inch apart.

3 Bake until bottoms of cookies are lightly golden but tops are still pale, 10 to 12 minutes. Remove from oven and let stand 2 minutes.

- 6 While cookies are still warm, roll in vanilla sugar to coat. Brush off excess sugar and transfer cookies to a rack to cool completely. • Repeat steps 4 through 6 with remaining
- dough, baking in batches.

[From our kitchen: Cookies will keep up to 5 days in an airtight container at room temperature.]

PER 5-COOKIE SERVING 206 CAL; 12.8g FAT (5.9g SAT); 3.2g PRO; 20.8g CARB; 1.1g FIBER; 70mg SODIUM; 46mg CHOL



Blipp to see a video of this recipe on the Allrecipes Germany site. (It's in German, but it shows you how to form your Kipferl!) Or visit armagazine.com/vanillekipferl-video







#### **Cheese Fondue**

armagazine.com/cheese-fondue

"I've been making this fondue since the early '70s. Always so good!"—\$\text{SHEILA}

- 1 cup dry white wine
- 1/2 pound Swiss cheese, coarsely grated (2 cups)
- 1/2 pound Gruyère cheese, coarsely grated (2 cups)
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1/4 teaspoon nutmeg

Bring wine to a simmer in a fondue pot or a heavy saucepan on stovetop over mediumhigh heat. Toss cheeses with flour in a large bowl. Add cheese mixture to wine in 4 batches, stirring each batch with a wooden spoon until melted before adding next batch. Continue simmering, stirring constantly, until mixture is well blended and smooth, 1 to 3 minutes. Stir in salt and nutmeg. [From our kitchen: If fondue is too thick, stir in 1½ to 2 teaspoons lemon juice. If too runny, add extra cheese or ¼ teaspoon cornstarch.] Set fondue pot over low flame or, if using a heavy saucepan, transfer to a trivet on table.

PER GENEROUS 1/2-CUP SERVING 512 CAL; 34g FAT (20.8g SAT); 33g PRO; 7.5g CARB; 0.1g FIBER; 590mg SODIIIM: 115mg CHOI

YOU SAID

I rubbed the inside of my fondue pot with a halved clove of garlic. Later, when I swirled my bread against the inside of the bowl, I could really taste the garlic, and it made the fondue even better. Also, I think the quality of the cheese makes a BIG difference! I spent about \$15 on the cheese, and it was perfect. —PONNA1000

asparagus spears

For more flavor, try adding jalapeños. Bacon is a great addition as well. —JENN TONIC WALLS





armagazine.com/chocolate-bar-fondue

"A rich chocolate fondue with a little coffee kick." — SAL

- 1 pound milk chocolate (16 ounces) [From our kitchen: You can substitute chocolate chips, but top-quality chocolate bars are your best bet.]
- 2/3 cup heavy cream
- 11/2 teaspoons instant-coffee granules
- 2 tablespoons hot water
- 1/2 teaspoon sugar
- 1/2 teaspoon vanilla extract

Grate chocolate in a food processor fitted with a shredding blade. [From our kitchen:

You can grate it by hand, but it'll take you a good 15 minutes.] Melt chocolate with cream in a fondue pot or heavy saucepan over medium heat, stirring until smooth. Stir coffee powder into hot water in a small cup until dissolved, then stir into chocolate mixture along with sugar and vanilla. Set fondue pot over low flame or, if using a heavy saucepan, transfer to a trivet on table.

PER GENEROUS 1/2-CUP SERVING 733 CAL; 50g FAT (31g SAT); 8.1g PRO; 70g CARB; 2.2g FIBER; 99mg SODIUM; 80mg CHOL



**Save this recipe** in your online Favorites, or add it to your shopping list. Page 4 shows how easy it is.

A tip for leftovers: Let the fondue cool and then refrigerate. Form it into small balls and roll them in cocoa powder, powdered sugar, or toasted coconut. All of a sudden you have a gourmet dessert! —NEWLYWERS1

I don't own a fondue pot, so I made it in a double boiler (without the water), then transferred it to a pretty chafing dish. This was so delicious! —MAGGIE MCGUIKE

#### DELICIOUS DIPPERS FOR CHOCOLATE FONDUE



#### **FOOLPROOF FONDUE**

• Hard and semihard cheeses—such as Gruyère, Emmental, fontina, and cheddar-tend to work best. (If there's a mountain range or a man in suspenders on the label, it's a good sign.) Combining two or three cheeses makes for a more interesting flavor, allows you to balance strong-flavored cheeses (like Gruyère) with milder ones (like fontina), and makes more-expensive cheeses stretch further.

• It's tough to wait, but cheese needs to be heated slowly to avoid scorching. Shred or chop it into tiny pieces to speed melting, and add a bit at a time until the mixture is the consistency of a creamy sauce.

- If your fondue gets too thick, increase heat slightly, add a splash of white wine or lemon juice, and stir. If it gets too thin, decrease the heat and add more cheese. If it begins separating, raise the heat and whisk it back together, or add a little cornstarch (it and flour act as binders, keeping fondue from separating back into liquid and semisolids).
- Most cheese fondue recipes include wine, whose acidity helps make the cheese smooth by preventing the proteins from clumping together. If you want an alcohol-free option, look for recipes that substitute lemon juice.

#### Chocolate

- Buy the best quality you can, white, milk, or dark.
- Use the lowest heat possible to keep it melty and free of lumps. With its high sugar content, chocolate scorches easily.
- Most chocolate-fondue recipes (including ours on page 57) also call for a liquid—often liqueur or cream—to add flavor and help maintain the right consistency.
- Refrigerating your dippers—pound cake, strawberries, etc. before serving will help the chocolate stay on better.

#### Oil

- Oil-based fondue requires a much higher temperature than chocolate or cheese, since you're cooking small bites of raw meat right at the table—advanced fondue! Heat peanut, canola, olive, or vegetable oil (or a combination) to a safe frying temperature of 375°F in a metal fondue pot. (Electric pots that allow you to heat oil right at the table prevent nerve-wracking transfers from the stove.)
- Take meat out of the fridge a half hour before serving to avoid hot oil spatters.
- Have guests fry individual bites for a minute or two until cooked through. Provide paper towels or napkins to blot excess oil after frying.

#### Serving

- Unless you have an electric pot with its own heating element, you'll melt the fondue on the stovetop first—in either a heavy saucepan or a stainless-steel fondue pot—then transfer it (carefully!) to the warming stand at the table.
- To keep things sanitary, fondue forks (bamboo skewers will do in a pinch) should be used only for dipping morsels into the communal pot. Give everyone a plate to park their dipped tidbits on and a dining fork to eat with. (Admittedly, many people eat straight off the fondue forks and live to tell the tale.)
- No double-dipping: Get enough coating the first time. Connoisseurs favor raking the tidbit through the sauce in a slow figure-eight motion. Keep a search-andrescue spoon handy to retrieve bites that fall to the bottom.
- Use a tablecloth to protect the table. There will be drips.

#### **BASIC GEAR**

- Ceramic models are typically best for cheese and chocolate fondue. They allow for even heat distribution over a low flame, which prevents scorching. Never try to heat oil in a ceramic pot, though—the pot may shatter!
- Metal pots can withstand higher temperatures. They're typically made of cast iron or stainless steel. Some are designed to be heated on the stovetop, then transferred right to a warming stand on the table. Some best-of-both-worlds metal pots come with a ceramic insert to allow you to gently heat cheese and chocolate fondue, too.
- OK, so you sacrifice the fun of flame, and you add a cord you could trip over, but **electric** models do have advantages. You can control the temperature more precisely, for instance, allowing you to do all types of fondue by adjusting the dial.
- Improvise. Set your **slow cooker** on Low to keep alreadymelted cheese or chocolate fondue warm enough for dipping.

#### **Heat sources**

- Cheese and chocolate fondues can be kept melty with just the flame from tea-light or other unscented candles or a can of **Sterno** at the pot's base. Put one of them in a ceramic bowl, set a gas stovetop's grate or cast-iron trivet on top, then set the pan on that.
- Metal fondue pots typically come with base heaters you fill with **liquid** or **gel fuel** that's available at hardware stores and online. Heaters typically have top vents you can open and close to adjust temperature. Traditional Sterno cans are available at most supermarkets, but they may give you less control over the heat.





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# **Baking Made Better**

Holiday baking is supposed to be a cheerful event, but truth be told, the mass-production aspect is kind of stressful! There are lots of tools out there that claim to make it easier, so we rounded up a few and asked some of our Allrecipes Allstars\* and community members to test them out.

#### Wilton Cookie Pro Ultra II Cookie Press

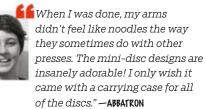
With a clear barrel and ergonomic design, this easy-to-manage press comes with 16 discs for cookies in a variety of shapes and sizes. \$25 at wilton.com Overall rating: \* \* \* \*

I had so much fun using this press that now I can't stop making cookies! It makes me look like a professional baker." -ELIZABETH



The overall design is very nice. It's quiet, without the popping you get with other models, and the handle is very easy to grip and squeeze."

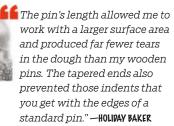
-MIS7UP



#### KMN Aluminum Rolling Pin

This aluminum pin chills in the fridge, so the dough stays cool during rolling. Laser-engraved measurements ensure uniform thickness. \$40 at kmnhome.com Overall rating: \* \* \* \*

It has no handles, and you won't miss them. The 'chillability' makes it a must-have for any baker." —**LIZZIE** 



It's sleek, lightweight, and super easy to clean with just a few wipes. Though it claims to be nonstick, it did need a sprinkle of flour." - JACOLYN

#### Nordic Ware E-Z Deco Icing Pen Kit

An easy-to-use "pen" comes with two decorating bags, couplers, and tips for icing cakes and cookies with precision. \$11 at nordicware.com Overall rating: \* \* \* \* \*



I had better grip and control using this pen than I would have with just a pastry bag, and was able to write much more neatly."

-RAINBOWJEWELS



This pen is best for small projects, and especially nice for people who get hand cramps and fatigue (like me) because you don't have to use a lot of pressure."

—TAMMY LYNN



It's very easy to swap out icing colors. I also spent less time scraping off clumps of icing due to squeezing too hard in one spot or another. (We've all been there, right?)"

-COOKINGNUT





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# **Sneaky Sodium**

Your main source of daily sodium isn't the saltshaker—it's hidden in the most unlikely places. We'll show you where, and how to lower it. By MargeP

e humans have a long history of fighting over salt. Seriously—we have even killed each other for salt. We literally can't live without it: Our bodies can't absorb some key nutrients without salt. It stimulates muscle contraction (which prevents cramps), prevents heatstroke, aids digestion, and helps maintain a balance of bodily fluids.

And oh yeah: Salt makes food taste good. It can enhance and balance the flavors around it. Too much of the good thing, though, can obscure other flavors and break down textures (can you say "mealy chicken"?).

It can also wreak havoc on blood pressure, which enormously increases the risk of heart attack and stroke.

According to the Centers for Disease Control, one out of every three adults in the U.S.—and a whopping 40 percent of African-American adults—have high blood pressure. And that's not all: A high-sodium diet may also increase your risk of gastric cancer and contribute to osteoporosis.

While most scientists agree that anyone with high blood pressure should limit sodium to 1,500 mg per day, there is some controversy about the optimal amount healthy people should get. Researchers generally agree it should be between 2,300 mg and 3,000 mg per day. But chances are good you're already consuming at least that much—even if you don't snack on salty chips or cook with a lot of salt. It's because many

sodium-packed foods don't actually taste saltv.

Seventy-five percent of the sodium in our diets comes from processed and prepared foods—not just obvious sources like potato chips and ramen noodles, but also seemingly healthful foods like canned tomatoes and bread. In fact. as crazy as it sounds, the No. 1 sodium culprit in our diets is bread! Other foods are higher in sodium, but we don't eat them as much or as often. Sadly, many otherwise diet-friendly processed foods use extra salt to make up for fewer calories or fat.

The good news: It's easy to keep your sodium in check once you're armed with our list of "proceed with caution" foods, saltbusting tips, and lower-sodium recipes.



Cutting sodium does not condemn you to a bland, joyless diet. For one thing, you cook (you're reading Allrecipes magazine, after all!). The more you cook, the less pre-prepared food you eat, and the less sodium you and your family consume. There are also easy places to cut back in your cooking. The idea is to use salt when it counts, and not when it doesn't add much to flavor.

#### 9 EASY WAYS TO TRIM YOUR SODIUM

- 1. Acid can perk up flavors the way salt does, but with little or no added sodium. Where it makes sense (as in a stew, sauce, or dressing), try using lemon zest or juice, or a splash of vinegar.
- 2. Spicy heat can make a great stand-in for salt, too. Try crushed red pepper or cayenne pepper before reaching for the salt.
- 3. Salt some foods at the finish for greater impact.

- Coarse salt sprinkled over baked brownies, for instance, makes a very different impression on your palate than the same amount of salt in the batter.
- 4. Rinse low-sodium canned beans well under cold running water to decrease sodium by 30 to 40 percent.
- 5. Avoid tomato products that have added seasonings; instead use unsalted or lowsodium canned tomatoes. tomato sauce, and tomato paste.
- 6. If you use frozen or canned veggies, look for kinds with little or no salt added (read labels!).
- 7. Buy low-sodium or salt-free canned broth
- 8. Go for reduced-sodium deli meats and cheeses.
- 9. Try one of the following recipes! We adapted three from our website to lower their sodium anywhere from 40 to 50 percent (and you won't miss that surplus salt).



YOU SAID

I drizzled olive oil on foil and wrapped the sandwich in it, then baked it 20 minutes at 400°F. -SPEAKTRUE

We aren't big mayo fans, so I substituted 2 spoonfuls of sour cream and used the

whole avocado so it would not go to waste. We also used red onions instead of red peppers, and it was just like Panera's panini! —LOU

I substituted sun-dried tomatoes for the red pepper. I love it. —\$A\$\$YLADY

SUBMITTED BY Amanda PREP 15 min соок 15 min READY IN 45 min MAKES 2 panini RATING \*\*\*\*

47 reviews

# Turkey-Avocado Panini

armagazine.com/turkeyavocado-panini

From our kitchen: Amanda's original version weighed in at 1,720 mg sodium per serving, but simple tweaks such as using lower-sodium deli turkey and provolone and thin-sliced bread reduced the sodium by a whopping 830 mg. No one will miss what we took out!

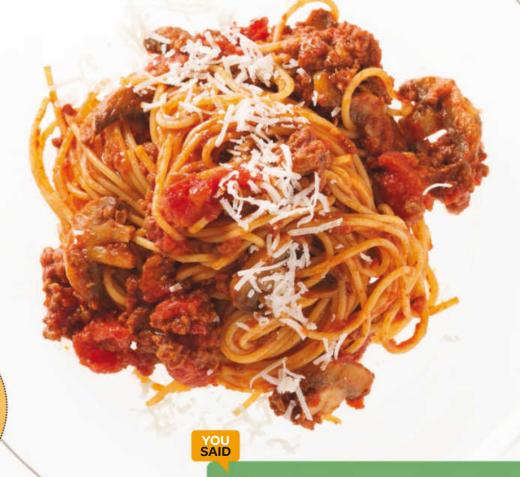
- 1 red bell pepper
- 1/2 ripe Hass avocado
- 1/4 cup canola or olive oil mavonnaise
- 4 slices of thin-sliced whole-wheat or rye bread
- 2 (1-ounce) slices lowersodium provolone cheese
- 1 cup fresh spinach
- 1/4 pound deli-sliced lower-sodium turkey hreast
- 11/2 tablespoons olive oil

- Preheat broiler.
- Slice bell pepper lengthwise into flat quarters and discard seeds and stem. Broil slices, skin sides up, on a broiler pan about 4 inches from heat until charred, about 10 minutes. Remove pan, cover with foil, and let cool about 15 minutes. When pepper is cool enough to handle, peel off and discard skin. Slice crosswise into 1/2-inch-wide strips.
- 3 Mash avocado in a bowl with mayonnaise. Top 2 bread slices with provolone, spinach, turkey, broiled pepper, avocado mixture, and remaining bread slices.
- 4 Lightly brush bottom of a panini press with half of oil, add sandwiches, and brush tops with remaining oil. Cook until bread is toasted, cheese has melted, and bread has grill marks, about 5 minutes. [From our kitchen: If you don't have a panini press, put sandwiches on a lightly oiled griddle and top with a heavy skillet (if your skillet is lightweight, put a can of food in it). Cook over medium heat until bottoms are toasted, about 3 minutes. Remove skillet, oil griddle (if needed), flip sandwiches, and cook 2 to 3 minutes longer.]

PER 1-PANINI SERVING 475 CAL; 33g FAT (7g SAT); 21.4g PRO; 24.2g CARB; 6.2g FIBER; 890mg SODIUM; 50mg CHOL



Save this recipe in your online Favorites, or add its ingredients to your shopping list. Page 4 shows how



Easy Spaghetti with Tomato Sauce

SUBMITTED BY Sammye PREP 10 min COOK 1 hr, 5 min READY IN 1 hr, 15 min **SERVES** 4 **RATING** 

> \*\*\*\* 74 reviews

armagazine.com/easyspaghetti-with-tomato-sauce

From our kitchen: To show how easy it is to lower sodium but keep the great taste in Sammye's recipe, we used fresh rather than canned mushrooms, and no-salt-added tomatoes and tomato paste. That reduced the per-serving sodium by 43 percent.

- 1 pound lean ground beef
- 3/4 teaspoon salt
- 3/4 teaspoon sugar
- 1 teaspoon dried oregano
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 2 tablespoons dried minced onion
- 2 (14.5-ounce) cans no-salt-added diced tomatoes, drained, or 21/2 cups chopped fresh tomatoes
- 1 cup no-salt-added tomato paste (11/3 six-ounce cans)

- 8 ounces sliced fresh mushrooms
- 8 ounces spaghetti
- 1 Cook beef in a large pot over medium heat, stirring and breaking up lumps, until browned, about 5 minutes. 2 Add salt, sugar, oregano,
- pepper, garlic powder, onion, tomatoes, tomato paste, and mushrooms. Bring to a boil, then reduce heat to low and simmer, covered, stirring occasionally, until sauce is glossy and mushrooms are very tender, about 1 hour. [From our kitchen: If sauce gets too thick, add water as needed, ¼ cup at a time.]
- 3 Cook pasta according to package directions. Drain, transfer to pot with sauce, and toss to coat. [From our kitchen: If you add 2 tablespoons grated parmesan cheese to the recipe, the per-serving sodium increases by 38 mg.]

PER SERVING (2 CUPS SPAGHETTI AND 11/4 CUPS SAUCE) 513 CAL; 9g FAT (3.5g SAT); 37g PRO; 66g CARB; 8.8g FIBER; 574mg SODIUM; 71mg CHOL

? The secret to a wonderful sauce is making it the day before and letting it sit in the refrigerator overnight. Next day, yum! —ONEBZEMOM

Delicioso! I was a little leery of using dried onion and garlic powder, but it tasted just as good as fresh, with a lot less hassle. I usually make up a double batch

and throw half in the freezer for an easy, quick meal another night. —ASHLYNNS MOMMY

I left out the ground beef and served it with chicken instead. I also added about 2 tablespoons olive oil to the sauce to enrich it and cut the acidity. I simmered it for just 1 hour, and it was perfect! — PIANA S.

#### SURPRISE SODIUM SOURCES

	American cheese, nonfat (1 slice)	275mg
	Chicken noodle soup, canned (1 cup)	745mg
	Corn flakes cereal (1 cup)	205mg
	Cottage cheese, low-fat (1/2 cup)	350mg
	Deli turkey meat (3 ounces)	1,020mg
	Diced tomatoes with green pepper, onion, and celery, canned (½ cup)	680mg
	Diced tomatoes, canned (1/2 cup)	225mg
	Frozen pancakes (3 pancakes)	565mg
	Ketchup (1 tablespoon)	155mg
	Mayonnaise (1 tablespoon)	90mg
	Bran flakes with raisins cereal (1 cup)	225mg
	Soy sauce (1 tablespoon)	880mg
	Tomato sauce, canned (1/2 cup)	580mg
	White bread (2 slices)	285mg
	Whole-wheat bread (2 slices)	290mg

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#### **HEALTHY YOU CAN HANDLE**



#### **Quinoa and Black Beans**

armagazine.com/quinoa-and-black-beans

From our kitchen: Low-sodium beans tend to be less mealy and taste more like the bean and less like overpowering salt. Rinsing low-sodium black beans reduces their sodium by more than a third. This side dish could also fill in as a meatless main, serving 4.

- 1 tablespoon olive oil
- 2 cups chopped onion (about 2 medium onions)
- 3 cloves garlic, finely chopped
- 3/4 cup quinoa, rinsed and drained
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper

11/2 cups low-sodium vegetable broth

- 1 cup frozen corn kernels, unthawed
- 2 (15-ounce) cans low-sodium black beans, drained and rinsed
- 1/2 cup chopped fresh cilantro
- Heat oil in a saucepan over medium heat. Cook onion and garlic, stirring occasionally, until onion is tender and golden brown, about 10 minutes.
- ② Add quinoa, cumin, cayenne, salt, and pepper, and stir until combined. Add broth and bring to a boil. Reduce to a simmer and cook, covered, until quinoa is tender and most of broth is absorbed, about 17 minutes.
- Stir in corn and beans and cook until heated through, about 5 minutes. Stir in cilantro.

PER GENEROUS 1-CUP SERVING 261 CAL; 4.3g FAT (0.6g SAT); 11.9g PRO; 46g CARB; 11.7g FIBER; 496mg SODIUM; 0mg CHOL

### YOU

This satisfies all my requirements for a great recipe: It's quick, easy, inexpensive, attractive, delicious, and very healthy. It travels and refrigerates well and can be eaten hot or cold.

—NAOMI WITZKE

Two cans of black beans seemed too much to me, so I stopped at one. Also, hold back your garlic until your onions are at least halfway done or it will burn, and throw in the quinoa shortly after. Toasting it lends amazing flavor. —EMEKY

I used bulgur wheat instead of quinoa (I'm a poor college student, and the bulgur was much cheaper), but the recipe

was still fantastic! The spices are just right.
—HEATHER

A wonderful intro to quinoa. Fun fact: It's a complete protein that has more iron than blackstrap molasses! Quinoa is delicious as is or doctored up. We like topping it with salsa.

—6YCLECAT



#### **CHOCOLATE CHERRY THUMBPRINTS**

Prep: 20 min. | Bake: 12 min. | Makes: 3 Dozen Cookies

#### Ingredients

1 cup butter, softened 2 cups white sugar

2 eggs

1 cup cocoa

2 tsp vanilla 3 cups flour ½ tsp salt

½ tsp baking soda

½ tsp baking powder

1 (21 oz.) Lucky Leaf® **Cherry Fruit Filling** & Topping

½ cup chocolate chips

#### Preheat oven to 350°F.

Cream butter and sugar until light and fluffy. Mix in eggs, one at a time. Add vanilla and mix until combined. Add flour, cocoa, salt, baking soda and baking powder. Mix until combined.

Roll the dough into two-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place cherries into each cookie.

Bake for 12 minutes. Allow cookies to cool.

Melt chocolate according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in an airtight container.





#### CHERRY PIE COOKIES

Prep: 10 min. | Bake: 15 min. | Makes: 2 Dozen Cookies

#### Ingredients

½ cup butter, softened ½ cup margarine, softened 2 cups flour

3/4 cup powdered sugar 1 tsp vanilla

1 (21 oz.) Lucky Leaf® **Cherry Fruit Filling** & Topping

½ cup white or milk chocolate chips

#### Preheat oven to 325°F.

Mix butter and margarine until fluffy. Add flour, powdered sugar and vanilla just until combined and a soft dough is formed.

Roll the dough into two-inch balls. Place on greased baking sheet or baking sheet lined with parchment paper. Press thumb into center of cookie to make a well. Place cherries into each cookie.

Bake for 12-15 minutes. Allow cookies to cool.

Melt chocolate according to package directions. Drizzle over cookies. Let chocolate set and serve immediately or store in an airtight container.







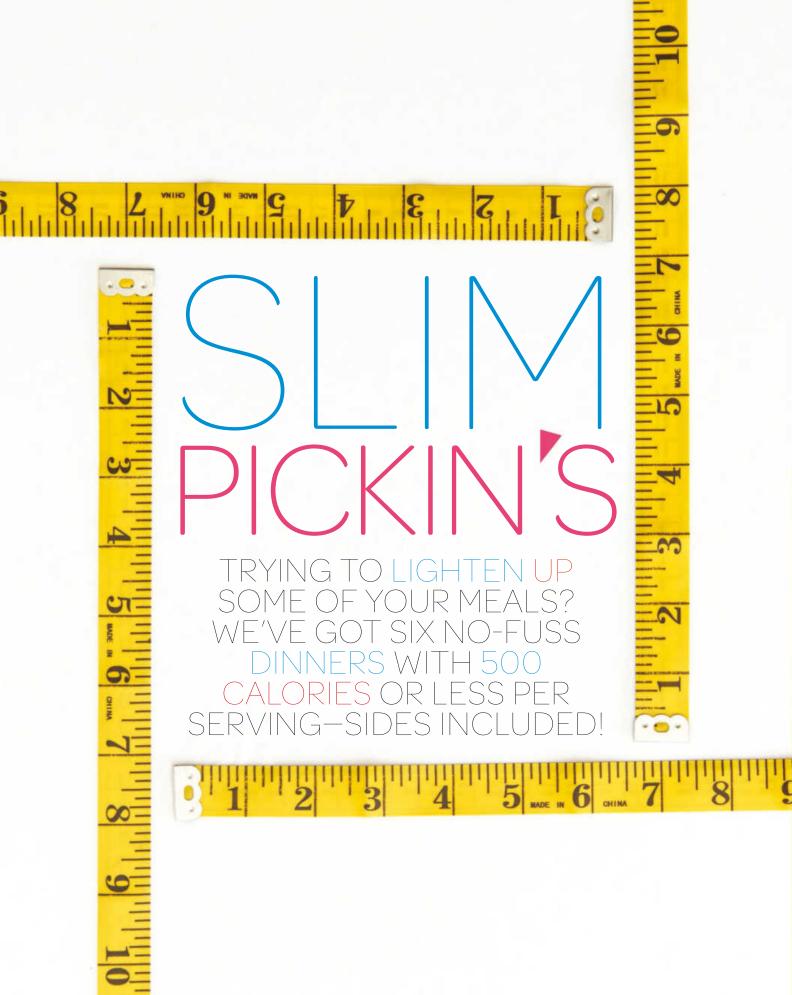
















SAID

2 Too bad I can't give a five-star-plus rating! I'll use this marinade for other meats or even a stir-fry, as it has all the Asian tastes I look for. I use more ginger, so the flavor really stands out without being overpowering. Also, marinating for just over 24 hours is a big plus. **—EBIZAMK** 

I was out of hoisin sauce and substituted teriyaki with some fish sauce. When sliced, the pork was perfect—juicy, still warm and tender. On the repeat list! - DRAGNLAW

This recipe is great with pork, but even better as a stir-fry sauce with chicken. Very delicious! -CPOYLEY

### SUBMITTED BY

Jennifer72\_00

PREP 10 min

соок 30 min

READY IN 2 hr. 55 min (includes marinating and resting)

SERVES 6

RATING



48 reviews

### Chinese Pork Tenderloin

armagazine.com/chinese-pork-tenderloin

"A delicious and easy-to-prepare marinade. Don't let the ingredients fool you; this is a meal that even the less adventurous will enjoy." —JENNIFER72\_00

- 2 (11/2-pound) pork tenderloins, trimmed
- 2 tablespoons low-sodium sov sauce
- 2 tablespoons hoisin sauce
- 1 tablespoon medium-dry sherry
- 1 tablespoon black bean sauce [From our kitchen: Look for this in the Asian-food aisle of your supermarket.]
- 11/2 teaspoons minced fresh ginger
- 11/2 teaspoons packed brown sugar
- 1 clove garlic, finely chopped
- 1/2 teaspoon Asian sesame oil
- 1/8 teaspoon Chinese five-spice powder [From our kitchen: This blend of cinnamon, cloves, fennel seed, star anise, and Szechuan peppercorns is available at many supermarkets and most Asian groceries.]

- 1 Put tenderloins in a very large (2-gallon) resealable heavy-duty plastic bag. Whisk remaining ingredients in a small bowl. Pour marinade over pork, making sure it coats tenderloins, and seal bag, pressing out excess air. Put bag in a shallow pan and let pork marinate, chilled, at least 2 hours or up to 24 hours.
- 2 Preheat oven to 375°F. Line a large rimmed baking sheet with foil.
- 3 Arrange tenderloins on prepared sheet and discard remaining marinade. Roast until an instant-read thermometer inserted into centers registers 145°F, 30 to 35 minutes (you'll have juicy, slightly pink meat). Let stand for 10 minutes, and then cut diagonally into thin slices.

[From our kitchen: Save any leftovers to thinly slice and add to a stir-fry later in the week. The pork can be made 3 days ahead and chilled, wrapped well in plastic wrap.]

PER 6.5-OUNCE SERVING 263 CAL; 8.1g FAT (8g SAT); 46g PRO; 0.3g CARB; 0g FIBER; 174mg SODIUM; 140mg CHOL

### Pasta with Tuna, Sun-Dried Tomatoes, and Artichoke Hearts

armagazine.com/pasta-with-tunasun-dried-tomatoes-and-artichoke-hearts

"This pasta dish has bold flavors in a very light sauce (almost a thick broth). You can vary quantities of tuna, sun-dried tomato, and artichoke to suit your taste. Fresh oregano or lemon thyme could be substituted for thyme."—KENZ

- 12 ounces linguine
- 2 tablespoons olive oil
- 1 medium onion, chopped (1 cup)
- 2 tablespoons chopped fresh thyme
- 2 large garlic cloves, chopped (optional) [From our kitchen: Like many community members who wrote reviews, we think that adding garlic to the original recipe gives it even more flavor.]
- 1/2 cup dry white wine
- 2 cups low-sodium chicken broth
- 1 tablespoon finely grated lemon zest (from 2 large lemons)
- 1/4 cup fresh lemon juice
- 2 (6-ounce) jars quartered, marinated artichoke hearts, drained
- 1/2 cup chopped oil-packed sun-dried tomatoes (6 ounces), drained
- 2 (5-ounce) cans tuna packed in oil, drained well [From our kitchen: To make the recipe even easier, and more

affordable, we substituted canned tuna for 1½ pounds fresh tuna steaks called for in the original recipe.]

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper Chopped fresh parsley (optional)
- Bring a large pot of salted water to a boil. Cook linguine until al dente, 8 to 11 minutes. Reserve ½ cup pasta water, then drain pasta.
- Meanwhile, make sauce: Heat oil in a 12-inch heavy skillet over medium heat. Cook onion, stirring occasionally, until golden, 7 to 8 minutes. Add thyme and garlic (if using), and cook, stirring, 1 minute. Add wine, bring to a boil, then simmer over medium heat, stirring occasionally, until liquid is reduced to about 2 tablespoons, about 2 minutes.
- Add chicken broth, lemon zest, and juice. Boil over high heat until liquid is reduced to about 34 cup, 7 to 8 minutes.
- Add artichoke hearts, sun-dried tomatoes, and tuna. Cook, stirring, over medium-low heat until heated through, about 1 minute. Stir in salt. Add linguine and cook, tossing and adding some of reserved pasta water if mixture seems dry, until hot, about 1 minute. Sprinkle with pepper and parsley (if using).

PER 1½-CUP SERVING 388 CAL; 15.7g FAT (2.7g SAT); 14.7g PRO; 43g CARB; 3.2g FIBER; 472mg SODIUM; 4mg CHOL 11.18.11.1

Renz
PREP 25 min
COOK 20 min
READY IN 45 min
SERVES 6
RATING

\* \* \* \* 34 reviews

28 29 30 31

YOU SAID

I made a vegetarian version: I omitted the tuna, added more artichoke hearts and sun-dried tomatoes, and used vegetable broth instead of chicken broth. —MRSCOLMAN

I used shallots instead of onion, and added garlic, mushrooms, and asparagus along with the artichokes and sun-dried tomatoes. I substituted cooked chicken for the tuna. I'll make this many times.

—MEMECALLOWAY

I used cooked shrimp instead of tuna. My whole family loved it! —JOANNA SHEA



YOU SAID

If you're new to Indian cooking, this is a great starter curry. I substituted low-sodium chicken broth to cook the lentils. The recipe is easily expanded upon with meat, tofu, potatoes, carrots, or peas. I served it over jasmine rice.

—TWONDELS

So tasty and healthy for you. I left half the pot of curry vegetarian and added ground beef to the other half.

Excellent! —VILLARUELR

### **Red Lentil Curry**

armagazine.com/red-lentil-curry

"This is a rich and hearty curry, like the traditional Indian dal. Don't let the ingredient list faze you—this is really easy to make and is a great main dish, served with basmati rice."—EMMA MAHER

- 2 cups red lentils (131/2 ounces)
- 6 cups water, plus more for thinning, if desired [From our kitchen: Like many community members, we preferred the curry to be thinner than the original recipe. Adding water in recipe Step 4 will make it less thick.]
- 2 tablespoons curry paste [From our kitchen: We used Patak's concentrated curry paste, available in most supermarkets.]
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon chili powder [From our kitchen: Regular chili powder works fine, but if you want a bit more heat,

- add 1/4 to 1/2 teaspoon cayenne.]
- 1 teaspoon salt [From our kitchen: If you thin the curry with more water, you may want to increase the salt by 1/2 teaspoon.]
- 1 teaspoon sugar
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 2 tablespoons vegetable oil
- 1 large onion, diced (2 cups)
- 1 (14.25-ounce) can tomato purée Chopped fresh cilantro (optional) [From our kitchen: The original recipe didn't call for cilantro, but we love the flavor of the dish with the fresh herbs.]
- Rinse lentils with several changes of cold water, stirring lentils with your hand, until water runs clear. Drain in a large sieve. Put lentils in a large pot with 6 cups water. Bring to a boil, partially covered, skimming foam. Reduce heat to medium-low and simmer, partially covered, until tender, about 10 minutes. Drain in large sieve. [From our kitchen: Lentils can be made 3 days ahead and chilled in an airtight container.]

   While lentils are cooking, stir together curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger
- Heat 1 tablespoon oil in a large skillet over medium heat. Cook onion, stirring, until golden brown, 12 to 15 minutes. Add remaining tablespoon oil and curry mixture and cook over medium-low, stirring, 1 minute.
   Add tomato purée, stirring and scraping up any browned bits on bottom of skillet. Add lentils and gently fold mixture together with a rubber spatula. [From our kitchen: If you prefer a thinner curry, stir 2 cups water into the lentils and season with salt. Heat through.]
  Serve topped with cilantro, if desired.

**PER 3/4-CUP SERVING** 239 CAL; 5.5g FAT (0.6g SAT); 13.2g PRO; 10.8g CARB; 2.8g FIBER; 484mg SODIUM; 0mg CHOL



Blipp now to watch how it's done. Or visit armagazine.com/red-lentil-curry-video

# 18 19 20 21 22

SUBMITTED BY Emma Mahr PREP 15 min COOK 30 min READY IN 45 min

SERVES 8



699 reviews



SAID

I used a homemade habanero pepper jelly because that's what I had. I also dusted the salmon with a bit of jerk seasoning. So fresh and simple. -KEELI

I loved the mango relish. I didn't have the red bell pepper and ancho chili pepper jam, so I used the jalapeño jelly we had on hand. I also added a little diced red onion. What a great taste! —PANCINGLEIGH



### Chef John's Mango **Bango Salmon**

🔯 💬 可 armagazine.com/chef-johns-mangobango-salmon

"What's the best thing about being a chef? You can name your dishes anything you want! The tropical tang of the fruit and the richness of the salmon work wonderfully together. The 'bango' comes from the spicy-sweet pepper jam I use to bind the fresh mango relish." - CHEF JOHN

- 2 mangoes (11/2 pounds total), pitted, peeled, and diced
- 3 to 4 tablespoons lime juice
- 1/4 cup red bell pepper and ancho chili pepper jam, or other hot pepper jam or jelly [From our kitchen: If you can't find the jam at your market, order online from Amazon.com.]
- 1/4 cup chopped fresh cilantro
- 4 (6-ounce) salmon fillets (about 1-inch thick), skin removed [From our kitchen: Wild-caught salmon, such as Alaskan sockeye, costs more but has richer flavor.]
- 1 teaspoon sea salt
- 2 teaspoons vegetable oil

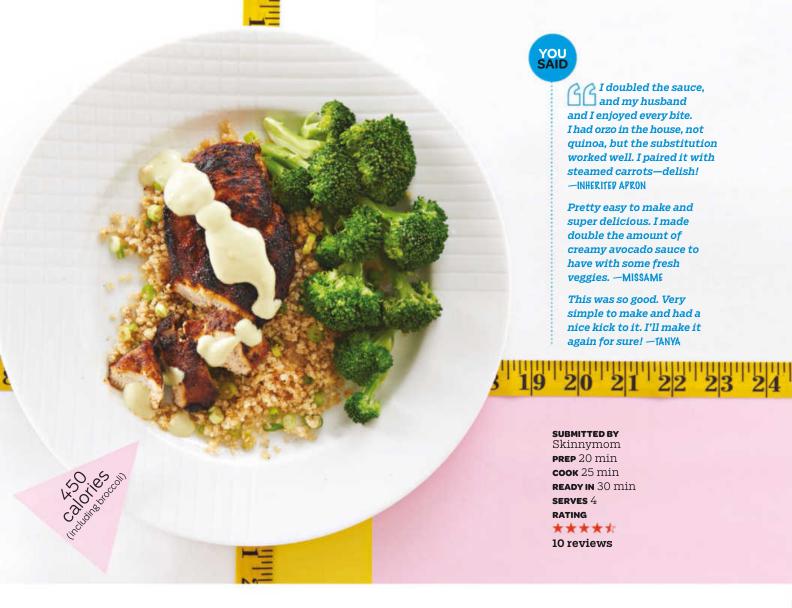
- 1 Stir together mangoes, 3 tablespoons lime juice, pepper jam, and cilantro in a bowl. Taste mixture, then season it with remaining tablespoon lime juice, if desired. Chill relish, covered, to allow flavors to develop, about 30 minutes, [From our kitchen: Relish can be made 1 day ahead and chilled in an airtight container.]
- 2 Sprinkle both sides of salmon fillets with salt.
- 3 Heat oil in a large nonstick skillet over medium heat until oil just begins to smoke. Cook salmon until one-third of each fillet turns opaque, about 4 minutes. [From our kitchen: These times are based on farmraised fish. If you're using wild-caught salmon, the fillets are usually thinner, so cooking times may be shorter.] Flip fish over and cook 2 minutes. Remove skillet from heat. Cover skillet (with lid or foil) and let fillets rest in hot pan until cooked through, 1 to 2 minutes more. Transfer to a plate and top with 1/2 cup mango relish.

PER SERVING 362 CAL; 13.4g FAT (2g SAT); 35g PRO; 25.3g CARB; 1.3g FIBER; 663mg SODIUM; 94mg CHOL



Blipp it, watch it, make it! (Page 4 shows how easy it is.) Or go to armagazine.com/ chef-johns-mango-bango-salmon-video

SUBMITTED BY Chef John PREP 20 min соок 5 min **READY IN 55 min** (including chilling relish) SERVES 4 RATING \*\*\*\* 2 reviews



# Blackened Chicken with Avocado Cream Sauce

omagazine.com/blackened-chicken-with-avocado-cream-sauce

"The spice blend will have your mouth buzzing with flavor and heat, but the addition of the avocado cream sauce acts as a cooling agent for all that fire! The quinoa adds a satisfying amount of nutritious fiber and protein."
—SKINNYMOM

### FOR QUINOA

- 2 cups low-sodium chicken broth
- 1 cup quinoa, rinsed and drained
- 5 green onions, chopped (1/2 cup)
- 11/2 teaspoons lemon juice
- 1/4 teaspoon salt

### FOR BLACKENED CHICKEN

- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1/4 to 1/2 teaspoon cayenne pepper
- 1/2 teaspoon sea salt

- 4 (5-ounce) boneless, skinless chicken breast halves
- 11/2 teaspoons vegetable oil FOR AVOCADO CREAM SAUCE
  - 1/2 avocado, pitted and peeled
  - V2 cup water [From our kitchen: We added water to the original recipe to make it more saucelike. If you prefer more of a thick cream, delete the water.]
  - 1/4 cup plain nonfat Greek yogurt
  - 11/2 teaspoons lemon juice
  - 1/2 teaspoon garlic powder
  - 1/4 teaspoon salt

### Prepare quinoa:

- Bring broth to a boil in a saucepan. Stir in quinoa and bring to a boil. Reduce heat to low and simmer, covered, until quinoa is tender and broth has been absorbed, about 20 minutes. Remove from heat and keep covered.
- 2 Just before serving, stir in green onions, lemon juice, and salt.

### Prepare chicken:

3 While quinoa is cooking, stir together

paprika, cumin, onion powder, black pepper, cayenne, and sea salt in a small bowl. Pat chicken breasts dry with paper towels. Rub seasoning mixture all over both sides of each breast half

◆ Heat oil in a large nonstick skillet (with lid) over medium-high heat. Put chicken breasts into skillet, cover, then reduce heat to medium. Cook 4 minutes. Turn chicken over and continue to cook, covered, until just cooked through and center is no longer pink (an instant-read thermometer inserted into thickest part should register 165°F), 2 to 3 minutes more. Transfer chicken to a plate, cover loosely with foil, and let rest 5 minutes.

### Make avocado cream sauce:

- **3** Blend avocado, water, yogurt, lemon juice, garlic powder, and salt in a food processor until smooth.
- Serve each chicken breast half with a scant cup of quinoa and ¼ cup avocado cream sauce.

PER SERVING (1 CHICKEN BREAST HALF; 1 SCANT CUP QUINOA; ¼ CUP SAUCE) 395 CAL; 10.8g FAT (1.7g SAT); 41g PRO; 33g CARB; 5g FIBER; 694mg SODIUM; 103mg CHOL

### **Aussie Beef and Peppers** with Gnocchi

armagazine.com/aussie-beef-andpeppers-with-gnocchi

"This is a tasty dish that never fails to impress here in Australia!" - JAYVA

- 2 tablespoons olive oil
- 1 pound flank steak, cut into 11/2x1/4-inch strips
- 11/4 teaspoons salt

SUBMITTED BY Jayda

PREP 20 min

соок 20 min **READY IN** 40 min

36 I pan-fried a flat iron

was afraid that the strips would overcook. I increased

paprika. This dish was

scrumptious! -PIANEMWJ

the amount of paprika, too: 2 teaspoons sweet-andsmoky and I teaspoon of hot

steak, then I cut it into strips. I wanted it rare and

**SERVES** 4

RATING \*\*\* 15 reviews

- 1 medium onion, thinly sliced
- 1 teaspoon minced garlic
- 1 (6-ounce) package fresh button mushrooms, sliced (2 cups)
- 1 medium red bell pepper, cut into strips
- 1 medium yellow bell pepper, cut into strips
- 1 (14.25-ounce) can low-sodium diced tomatoes
- 1 teaspoon smoked sweet paprika
- 1 (1-pound) package shelf-stable or thawed frozen potato gnocchi

- 1 Bring a large pot of salted water to a boil.
- 2 Heat oil in a 12-inch heavy skillet over high heat until hot. Toss beef with 1 teaspoon salt. Cook beef, stirring constantly, until brown outside but still pink inside, about 2 minutes. Transfer beef with a slotted spoon to a bowl and cover with foil to keep warm. Do not clean skillet.
- 3 Reduce heat to medium, then cook onion and garlic, stirring, until transparent, about 5 minutes. Add mushrooms, red and vellow peppers, and remaining 1/4 teaspoon salt and cook, stirring, until vegetables are paprika. Bring to a boil over medium-high heat. Reduce heat to medium-low and Stir in beef, then remove skillet from heat.

# tender, 5 to 8 minutes. Stir in tomatoes and simmer until sauce thickens, 2 to 5 minutes. Stir gnocchi into pot of boiling salted water. Cook until they float, 2 to 3 minutes. Drain, then toss gnocchi with beef mixture in skillet until combined. **PER 2-CUP SERVING** 482 CAL; 14.3g FAT (3.8g SAT); 33g PRO; 55g CARB; 3.8g FIBER; 1,231mg SODIUM; 70mg CHOL

### **SMART SIDES**

Want a low-cal, supersimple side to go with your main dish? Here are 14 no-recipe-needed sides for under (sometimes way under) 120 calories!

1/2 cup cooked basmati rice: 100 calories

1/2 cup whole-wheat spaghetti: 87 calories

1/3 cup cooked long-grain brown rice: 72 calories

1 cup steamed snow peas: 83 calories

1/2 cup boiled or steamed green peas: 67 calories

1 cup steamed frozen veggie blends: 118 calories

1 cup boiled or steamed broccoli: 55 calories

1 cup boiled or steamed spinach: 41 calories

steamed sliced carrots: 55 calories

2 cups boiled or steamed cauliflower: **57 calories** 

1 cup boiled or steamed sliced zucchini and yellow squash: 27 calories

steamed corn kernels: 92 calories

1 cup shredded steamed bok choy: 20 calories

1 cup boiled or steamed shredded cabbage (red or green): 35 calories

# Nothing adds more bright flavor to winter cooking and baking than citrus fruits, and it's peak time for citrus right now. If you don't know a pomelo from a tangelo, or you ever wondered what makes a Meyer lemon so special, read on... By DelishDish 84 allrecipes.com dec/jan 2016



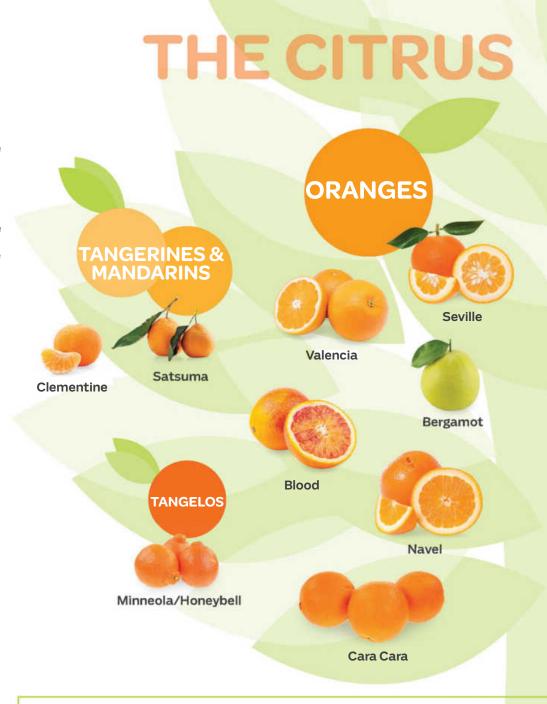
**ORANGES** fall into two main categories, based on flavor: sweet or bitter. The most common sweet ones are Valencia oranges, which are primarily squeezed for juice, and navel oranges, which are usually seedless and eaten as whole fruits. (You guessed right: They're called "navel" because they look like they have belly buttons on their blossom ends.) Cara Cara oranges are navel oranges with a pinkish-red interior that looks more like a grapefruit's; they have low acidity and are sweeter than other navels. **Blood** oranges have few or no seeds and stunning garnet-colored flesh. Even their juice is a striking red. But if you're using oranges primarily for flavor, sweet orange varieties are pretty interchangeable. Thanks to growers in California and Florida, sweet oranges of some sort are available pretty much yearround. On the bitter branch of the family tree you'll find Seville oranges. They are typically either made into marmalade or put to nonfood uses—the fragrant essential oils in their peels are used in cosmetics and cleaning products. The **bergamot** is incredibly bitter—so much so that the flesh is not edible—but its essential oil provides the signature flavor of Earl Grey tea.

### **TANGERINES** & **MANDARIN ORANGES**

are the same thing, named

for different places where they were commonly shipped from (Tangier, Morocco, and Mandarin-speaking areas of China). Varieties include satsumas, clementines, honeys, and pixies. You may see them sold under brand names such as Cuties or Halos. Often sweeter than oranges, they have loose skins and are easy to peel and break into segments. Most canned "oranges" are mandarin oranges.

**TANGELOS** are sweetsour hybrids of tangerines and pomelos or grapefruit, and they are juicier than either of their parents. Some have a button that helps distinguish them from tangerines. They're also easy to peel. Look for common tangelo varieties like Orlando and Minneola/Honeybell.



### A FEW OF THE MORE-EXOTIC COUSINS



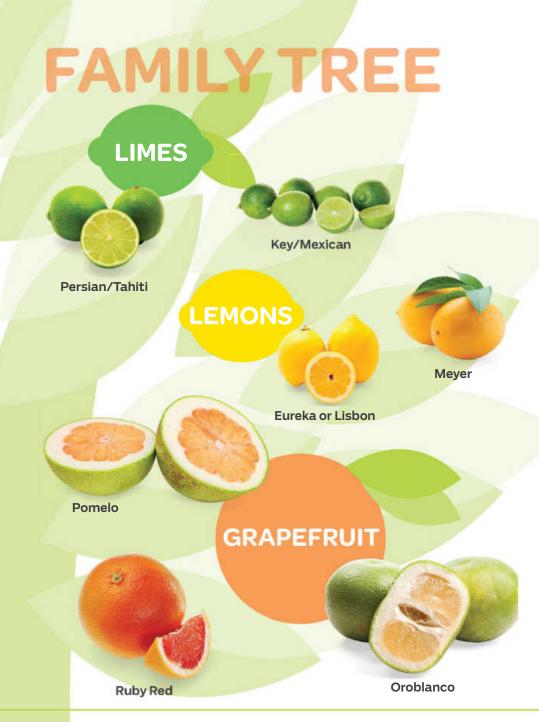
Kumquats are the inside-out citrus fruit: Their juice is sour. and their peels are sweet. Popular in Asia and grown in California and Florida, the bite-sized fruits can be cut into thin slices for eyecatching garnishes or candied for marmalade. For a snack, cut them in half, squeeze out the sour juice and seeds, and pop the rest into your mouth.

Ugli fruits aren't what you'd call cute—they look like grapefruit that are having a bad dav-but their wrinkled. loose-fitting skins make them easy to peel and segment. These surprisingly sweet fruits are grown in Jamaica.





Kaffir lime juice and flesh aren't edible, but the leaves and rind are prized. Much like bay leaves in Western dishes, kaffir leaves and rind strips often are added to Asian soups and curries to impart a bright and slightly floral citrus fragrance and flavor. The fruit (also known as makrut lime) can be hard to find, but look for the leaves, fresh or frozen. at Asian markets.





Yuzus look like small, bumpy oranges and range in color from vellow to mottled green to orange. Though they are edible and sold fresh in Japan, you'll typically find only their juice sold in American stores (look for 3- to 12-ounce bottles in the Japanese food section or among cocktail mixers). The juice, tart like lime but with a slightly floral/ rose water backdrop, often provides the tartness in Japanese ponzu sauce.

Buddha's hand is given as a gift in Asia and used mostly as an aromatic centerpiece Big and waxy, it looks like something you might find growing on a coral reef. It's a hybridized citron, one of the original citrus fruits that gave rise to lemons. It has no juice or flesh, just mild pith and lots of peel. Though it usually isn't eaten, it can be sliced and candied.





Finger limes, grown primarily in Australia and California, aren't actually limes. They have edible peels like kumquats and are filled with plump, spherical pulp (sometimes referred to as "citrus caviar") that bursts in your mouth with an intense flavor—like lime with a hint of grapefruit and something floral. Look for them in the refrigerated produce section.

**LIMES** are almost always tart. The two main varieties are standard Persian/Tahiti limes, which are large and nearly seedless, and Key/Mexican limes, which are tiny, have seeds, and are more fragrant and flavorful than Persians. Key limes also are more perishable, one reason they're more likely to be juiced for use in pie or cocktails than sold as whole fruits. But really, you can use the juice of either kind in Key lime pie.

**LEMONS**, like oranges, come in tart and sweet varieties. The standard thick-skinned, tart ones most grocery stores carry are Eureka or Lisbon lemons. Thin-skinned Meyer lemons, on the other hand, are considerably sweeter. (A hybrid of sweet oranges and lemons, they're named for Frank Meyer, who found them in China when he was researching new plant species for the USDA.) Because Meyer lemons are more fragile, they are more likely to be grown in home gardens than shipped to markets. If you can't find Meyer lemons for a recipe, you can use a 50/50 combination of standard lemons and sweet oranges. The same holds true for Meyer lemon juice.

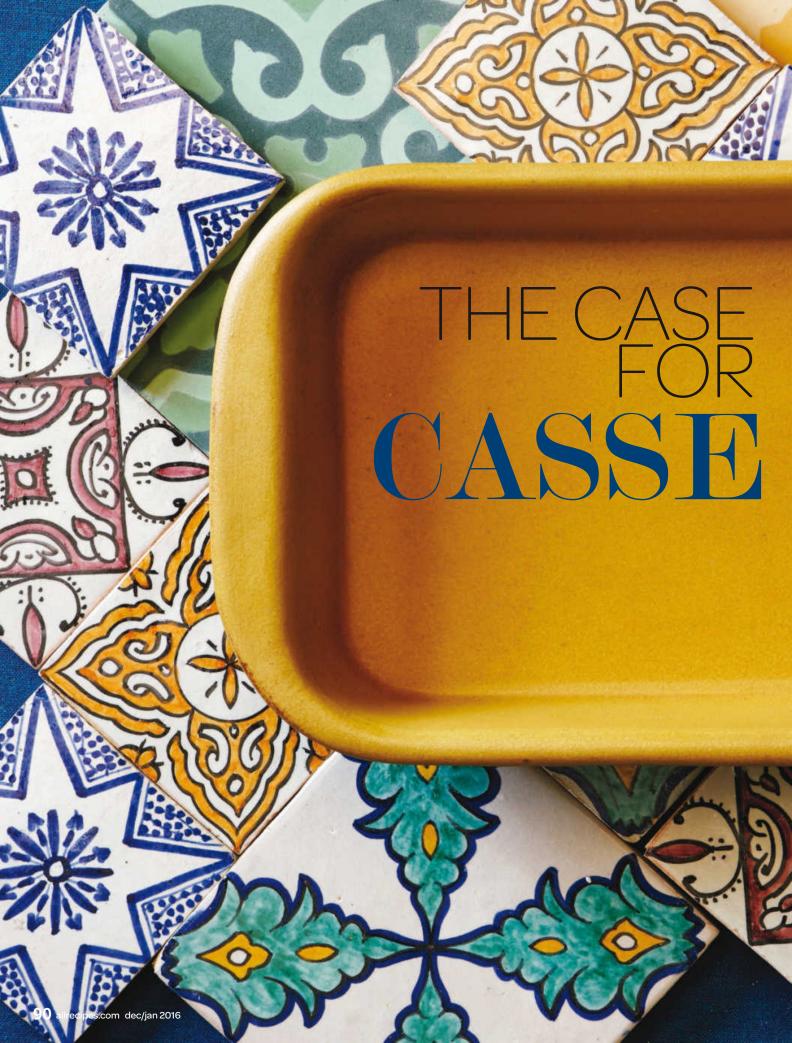
**GRAPEFRUIT** and their kin are making a comeback lately, with varieties that are sweeter and easier to segment than the way-tart, pink-fleshed fruits you might have grown up with. **Ruby Red** grapefruit have brilliant red flesh that's gorgeous in salads. Oroblancos (Spanish for "white gold") have pale golden flesh and are among the sweeter varieties. Pomelosthe largest juicy type of citrus fruit and the primary ancestor of modern grapefruit—have flesh that ranges from pale yellow to blushing white to pink. Grapefruit typically have thicker, chewier, more fibrous inner membranes than oranges, one reason we often cut or peel those membranes away before eating grapefruit flesh.

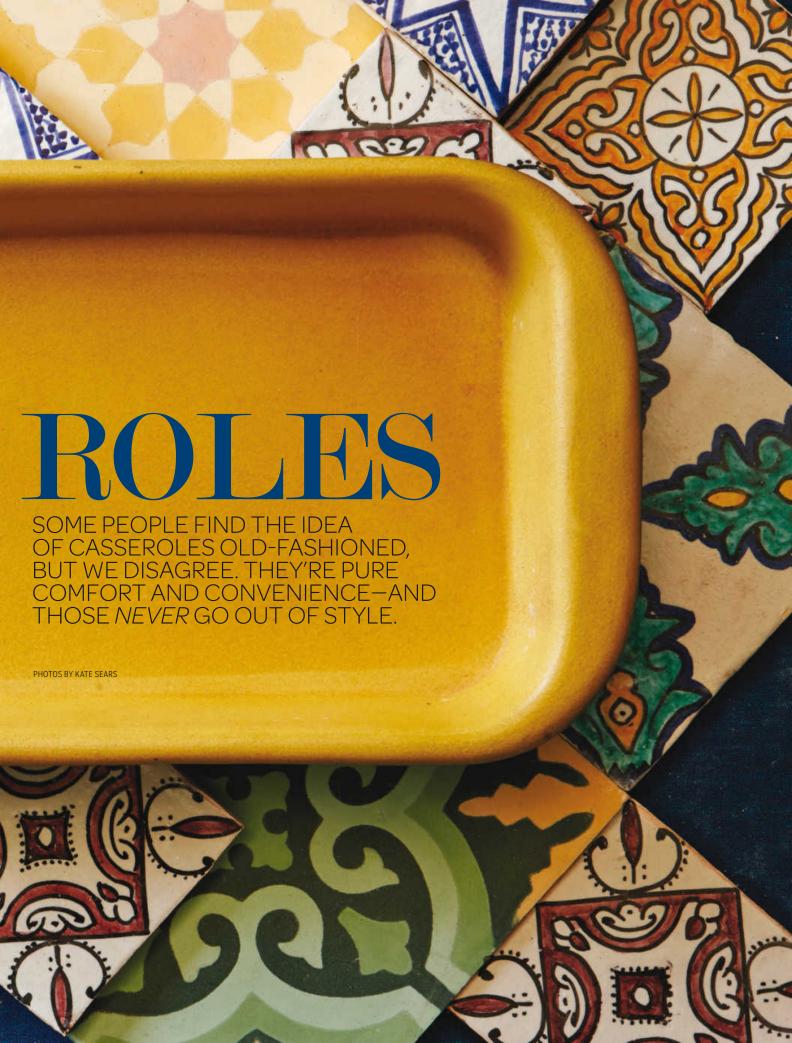


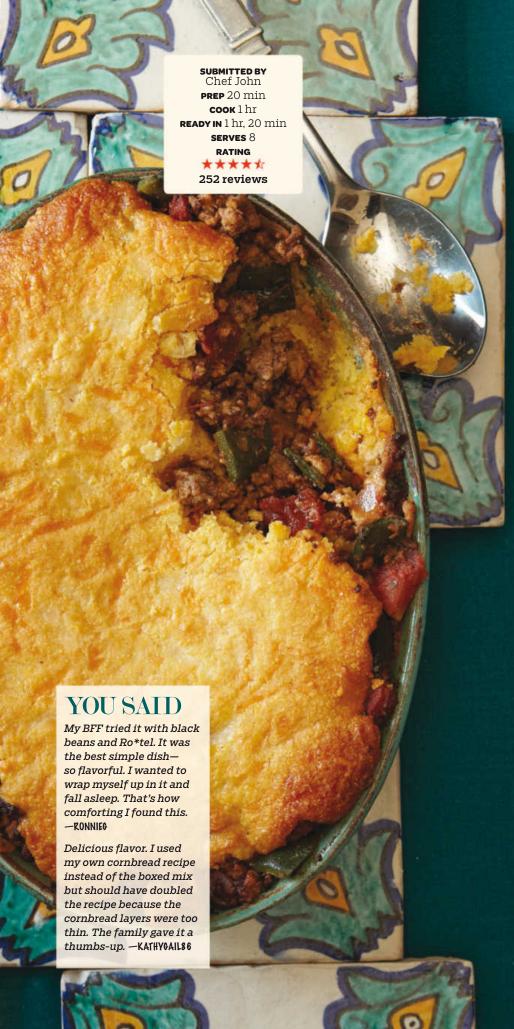
# BET YOU DIDN'T KNOW...

- There's more to citrus than vitamin C. Citrus fruits with a reddish tinge (think Cara Cara oranges) contain lycopene. Those with a purplish hue (such as blood oranges) have anthocyanin, the pigment that's in blueberries and blackberries. Orange-colored fruits (like standard navel oranges) contain beta-carotene, the precursor to vitamin A. These pigments are all antioxidants, which may lower the risk for heart disease, cancers, and neurological problems, and in general make inflammatory conditions less so.
- Aromatherapy studies suggest that getting a good whiff of essential orange, grapefruit, and other citrus oils can have a positive effect on energy and alertness, stress levels, and even digestion. For an instant boost, twist an orange or tangerine peel in front of your face or rub the peel with your fingers to release its oils, and then breathe in.
- Freshly squeezed citrus juice may taste better, but it isn't necessarily better for you than boxed juice or juice from frozen concentrate. The amount of micronutrients in the juice depends mostly on the fruit it came from-its freshness, the soil it was grown in, and when it was harvested. Your most nutritious option? Eating the flesh and some of the pith, so you get fiber along with your juice.









### **Hot Tamale Pie**

armagazine.com/hot-tamale-pie

"While this tamale pie has very little to do with its south-of-the-border namesake, it's a really delicious recipe all the same."—CHEF JOHN

- 2 pounds ground beef
- 2 cups diced poblano chiles (from about 12 ounces of peppers) [From our kitchen: Thin-skinned green poblano chiles are sometimes hot and other times as mild as a green bell pepper. Taste the tiniest bit of the poblanos before using so you know what level of heat you're getting. You can substitute red or green bell peppers for the poblano chiles if needed.]
- 1 (16-ounce) jar lower-sodium salsa (such as Newman's Own All-Natural Chunky Mild Salsa)
- 1 teaspoon chipotle chile powder
- 1/2 teaspoon dried oregano
- 2 (8.5-ounce) boxes corn muffin mix
- 2 large eggs
- 2/3 cup milk
- 4 ounces shredded cheddar cheese
- 4 ounces shredded Monterey Jack cheese
- 8 ounces frozen corn, thawed
- Preheat oven to 350°F. Spray a 9x13-inch baking dish with cooking spray.
- ② Cook beef in a wide, heavy 5-quart pot or Dutch oven over medium-high heat, stirring, until beginning to brown, about 3 minutes.
- Reduce heat to medium and add poblanos, salsa, chipotle powder, and oregano. Cook, stirring, until seasoned beef is crumbly and no longer pink, about 10 minutes. [From our kitchen: The meat mixture can be made up to 3 days ahead and chilled, covered.]
- Whisk together 1 package corn muffin mix with 1 egg and 1/3 cup of milk in a large bowl. Mix remaining package corn muffin mix with remaining egg, remaining 1/3 cup milk, and half of cheddar and Monterey Jack cheeses in another large bowl.
- Spread prepared corn-muffin mixture without cheese into prepared baking dish. Sprinkle corn over muffin mix, followed by remaining cheeses, then beef mixture.
- Spoon corn muffin mix with cheese on top of beef, carefully spreading with a fork and leaving a 1/2-inch border around edges of baking dish. Bake until golden brown, 40 to 45 minutes.

**PER 11/2-CUP SERVING** 635 CAL; 27.9g FAT (10.2g SAT); 37g PRO; 57g CARB; 1.8g FIBER; 823mg SODIUM; 147mg CHOL



Blipp to see this recipe in motion, or visit armagazine.com/tamale-pie-video

### Sandy's Primavera Casserole

armagazine.com/primavera-casserole

"Feel free to swap in your favorite vegetables for the ones used here."
—\$ANDY\$

- 8 ounces gemelli, fusilli, or rotelle pasta
- 3 tablespoons olive oil
- 1 large red bell pepper, cut into ½-inch strips (1¼ cups)
- 1 large yellow squash (10 ounces), quartered lengthwise and cut crosswise into ¼-inch-thick pieces
- 2 cloves garlic, thinly sliced
- 4 ounces sugar snap peas, strings removed, and halved crosswise (1 cup)
- 6 asparagus spears, tough ends discarded and stalks cut into 1-inch lengths (¾ cup)
- 2 tablespoons flour
- 1 teaspoon salt
- 2 cups milk
- 1 cup grape tomatoes, halved
- 1 cup grated parmesan cheese
- √3 cup chopped fresh basil
- 1/4 cup panko bread crumbs
- Preheat oven to 400°F. Spray a 9x13-inch baking dish with cooking spray.
- 2 Cook pasta according to package directions. Drain and transfer to a large bowl.
- Meanwhile, heat oil in a large skillet over medium heat. Cook bell pepper, squash, and garlic, stirring occasionally, until pepper is crisp-tender, 7 to 10 minutes. Add snap peas and asparagus and cook, stirring, until asparagus is crisp-tender, 2 minutes more.
- Put flour and salt in a bowl and add milk, whisking until smooth. Add flour mixture to skillet and bring to a simmer over medium heat, stirring frequently, until sauce is lightly thickened, 3 to 5 minutes.
- Pour mixture over pasta and stir in tomatoes, 34 cup parmesan, and basil. Transfer to prepared baking dish and sprinkle with panko and remaining 14 cup parmesan. Bake until top is lightly golden and sauce is bubbling, about 15 minutes.

**Note from SandyG:** This dish can be assembled several hours ahead and chilled until ready to bake.

**PER 1**½**-CUP SERVING** 393 CAL; 17g FAT (6.5g SAT); 14.5g PRO; 46g CARB; 4g FIBER; 751mg SODIUM; 26.4mg CHOL

In a survey of Allrecipes community members, 37 percent say they make a casserole at least once a week. We want to see yours! Post a photo of your favorite tagged **#MyAllrecipes** for a chance to be in an upcoming issue (and we regram our favorites).



### Arroz con Pollo

armagazine.com/arroz-con-pollo

"I grew up with this Latin dish-it's a meal in itself. Serve with slices of buttered bread or corn tortillas." -STARKRAZI

- 1/2 cup olive oil
- 8 skin-on boneless chicken thighs
- 2 cups coarsely chopped onion
- 2 cloves garlic, crushed through a garlic press
- 1/2 teaspoon crushed red pepper
- 2 cups converted long-grain white rice
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon saffron threads [From our kitchen: If you don't have saffron, you can use 1/2 teaspoon turmeric.]
- 1 (28-ounce) can or 2 (14.5-ounce) cans no-salt-added diced tomatoes
- 1 (4-ounce) can mild or hot chopped green chiles
- 11/4 cups low-sodium chicken broth
- 3/4 cup frozen green peas, thawed
- 1 (4-ounce) jar sliced pimientos, drained and rinsed
- 1/2 (8-ounce) jar pimiento-stuffed green olives, drained and sliced [From our kitchen: You can also use plain pitted green olives if you don't want more pimiento in the dish.]
- 1/2 cup water

- 1 Preheat oven to 325°F.
- 2 Heat oil in a wide, heavy, ovenproof 5-quart pot (with lid) over medium heat. Pat chicken dry with paper towels. Working in 2 batches, cook chicken, skin sides down, until golden brown, about 7 minutes. Turn chicken over and cook until lightly browned, about 5 minutes more. Transfer to a plate.
- 3 Pour off all but 1/4 cup fat from pot. Add onion, garlic, and red pepper and cook, stirring, until onion has softened, about 5 minutes. Add rice, salt, black pepper, and saffron and cook, stirring frequently, until rice is lightly golden, about 5 minutes. Stir in tomatoes, chiles, and broth. Arrange chicken on top in a single layer, and bring to a boil.
- 4 Transfer to oven and bake, covered, for 45 minutes. Uncover and sprinkle peas. pimientos, and olives over top. Pour in water, but do not stir. Cover and bake until chicken is cooked through and rice is tender, about 10 minutes more.

[From our kitchen: Leftovers can be turned into a salad: Discard skin from chicken, then cut meat into bite-size pieces and toss with the rice, dressed with a little olive oil and vinegar. 1

PER SERVING (1 THIGH PLUS 12/3 CUP RICE) 676 CAL; 37g FAT (8.8g SAT); 35g PRO; 50g CARB; 3.3g FIBER; 695mg SODIUM; 167mg CHOL

# SUBMITTED BY Starkrazi PREP 20 min **соок** 1 hr. 35 min READY IN 1 hr. 55 min SERVES 8 RATING \*\*\* 30 reviews

less than glass.

### WHICH PAN FOR WHICH CASSEROLE?

Pan Type	How It Heats	Can Go from Stove- top to Oven	Best For	Reactive with Acidic Foods (Fruit and Tomatoes)	Cleanup
CERAMIC	Heats slowly but evenly. Holds heat after oven removal.	Yes	Recipes that require slow, even cooking, such as baked ziti.	No	Enameled/ glazed ceramic pots are easy to clean.
GLASS	Heats slowly but evenly and stays warm after removal from oven.	No. Does not permit direct heat exposure; no stovetop; no broiling.	Layered casseroles like lasagna that you can observe through glass while cooking; oven-to-table.	No. Glass is terrific for casseroles with acidic ingredients.	Requires more scrubbing than enameled ceramic.
CAST IRON	Like glass, slow to heat but great heat retention. Does not heat as evenly as ceramic.	Yes	Heavy-duty cast iron is durable and great for searing meats and for recipes that require stovetop-to-oven cooking.	Yes. However, enameled cast- iron Dutch ovens are nonreactive.	Nonenameled pots require seasoning with oil for easier cleaning.
STAINLESS STEEL	Poor heat conduction. Aluminum and copper are superior metals.	Yes	Casseroles that require browning or quick-roasting. Durable and less expensive than	Yes, unless it has an aluminum or copper llining.	Requires a bit more elbow grease than enameled ceramic, but

copper.





### **Lancashire Hot Pot**

armagazine.com/Lancashire-hot-pot

"Hailing from Lancashire, England, this simple casserole has tender potatoes on the bottom, slightly crisp ones on the top, and lamb and vegetables in a savory broth in between." — HEATHER.WRAY

- 3 tablespoons butter
- 1 tablespoon vegetable oil
- 11/2 pounds shoulder or leg of lamb, cut into 3/4-inch chunks [From our kitchen: Both shoulder and leg are delicious, but the shoulder is fattier and more tender when cooked.]
- 11/2 cups chopped onion
  - 1 large carrot, peeled, halved lengthwise, and thinly sliced crosswise (11/4 cups) [From our kitchen: Like many reviewers of this recipe, we liked the flavor that carrot brought to the stew, so we added it to the original recipe.]

- 21/2 pounds russet potatoes, peeled and thinly sliced
- 2 teaspoons fresh thyme leaves
- 1 teaspoon salt [From our kitchen: We added salt, pepper, and a bay leaf to the original recipe for extra flavor.]
- 3/4 teaspoon black pepper 1 bay leaf
- 21/2 cups low-sodium chicken broth or lamb stock [From our kitchen: The original recipe called for lamb stock, which adds great flavor, but lowsodium chicken broth is a fine substitute.]
- 1 Preheat oven to 375°F. Butter a deep 3-quart baking dish with 1 tablespoon butter.
- 2 Heat oil in a large skillet over medium-high heat. Sauté lamb, stirring, until browned all over, about 5 minutes. Transfer to a bowl. Reduce heat to medium, then add onion and carrot to skillet and cook, stirring occasionally, until tender, about 5 minutes.
- 3 Arrange half of potatoes on bottom of baking dish, overlapping them. Sprinkle with

1 teaspoon thyme and 1/4 teaspoon each salt and pepper. Top with lamb and onion-carrot mixture. Sprinkle with 1/2 teaspoon thyme, 1/2 teaspoon salt, 1/4 teaspoon pepper, and bay leaf.

- 4 Top with remaining potato slices, overlapping them. Sprinkle with remaining ½ teaspoon thyme, ¼ teaspoon salt, and ¼ teaspoon pepper. Add enough broth to just cover top layer of potatoes. Cut remaining 2 tablespoons butter into bits and sprinkle over top.
- 5 Cover dish with aluminum foil and bake 11/2 hours. Uncover and bake until top is golden brown and meat is tender, about 30 minutes more. Spoon onto plates or into shallow bowls, removing bay leaf before serving.

[From our kitchen: You can make this dish 2 to 3 hours ahead and chill, covered. To reheat, bake, uncovered, in a 350°F oven.]

PER 11/3-CUP SERVING 390 CAL; 14.3g FAT (6.1g SAT); 27.4g PRO; 38g CARB; 3.7g FIBER; 563mg SODIUM; 89mg CHOL



### **Baked Ziti with Sausage**

armagazine.com/baked-ziti-with-sausage

"This is quite possibly the one thing that I am constantly asked to make. It's a ziti with a lot of flavor."—ASHLEY

- 1 (16-ounce) package ziti
- 2 teaspoons olive oil
- pound mild or hot Italian sausage, casings removed and sausage crumbled
- 1 large onion, finely chopped (11/2 cups)
- 2 teaspoons minced garlic
- 1 (15-ounce) container whole-milk or part-skim ricotta cheese
- 1 large egg
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 11/2 (26-ounce) jars no-salt-added spaghetti sauce
  - 1 (8-ounce) package shredded Italian cheese blend
  - 1 teaspoon dried basil (optional)

- 1 Preheat oven to 350°F. Grease a 9x13-inch baking dish.
- ② Bring a large pot of lightly salted water to a boil. Cook ziti, stirring occasionally, until al dente, about 8 minutes. Drain.
- While pasta is cooking, heat oil in a large skillet over medium heat. Cook sausage, stirring and breaking up lumps, until it starts to brown, about 5 minutes. Add onion and garlic and cook, stirring frequently, until onion is tender, about 5 minutes. [From our

**kitchen:** The original recipe called for adding the onion and garlic raw to the cheese mixture, but we liked the flavor better when it was cooked with the sausage.]

- Transfer sausage mixture to a large bowl (no need to drain), and stir in pasta, ricotta, egg, oregano, salt, pepper, and one-half jar spaghetti sauce.
- Spread one-third jar spaghetti sauce into bottom of prepared baking dish. Top with half of pasta mixture, one-third jar of spaghetti sauce, and half of shredded cheese. Make another layer in same manner with remaining

pasta, sauce, and cheese. Sprinkle with basil, if using. Grease a sheet of aluminum foil and put, greased side down, over casserole, covering it tightly.

• Bake until heated through, about 20 minutes. Uncover and bake until cheese is melted, 5 to 10 minutes more.

[From our kitchen: This dish can be assembled early in the day and chilled, covered, then baked at dinnertime. If it's coming straight from the fridge, it will need a little longer in the oven during the covered bake time. You can also assemble and freeze before baking. To cook, either take it out of the freezer the night before and let thaw in the refrigerator or lower the oven temperature to 325°F and bake frozen casserole, covered, until heated through, about 45 minutes, and then uncovered for the final 5 to 10 minutes.]

**PER 11/2-CUP SERVING** 701 CAL; 36g FAT (15.4g SAT); 32g PRO; 62g CARB; 4.7g FIBER; 886mg SODIUM; 114mg CHOL





# Chef John's Fisherman's Pie

armagazine.com/chef-johns-fishermans-pie

"My Fisherman's Pie gives you flaky cod mingled with spinach in a garlicand-lemon-scented sauce underneath a browned crust of creamy, buttery potatoes. It really does taste fantastic." —CHEF JOHN

### **FOR POTATO CRUST**

- 3 russet potatoes (13/4 pounds), peeled and cut into 1/2-inch pieces
- 3 tablespoons butter
- 1 pinch freshly grated nutmeg
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1 pinch cayenne pepper
- 1/2 cup low-fat (2%) milk

### FOR SPINACH

- 2 teaspoons olive oil
- 12 ounces fresh baby spinach
- 1/8 teaspoon salt

### **FOR SAUCE**

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cloves garlic, minced
- 2 cups milk
- 2 teaspoons finely grated lemon zest
- 1/8 teaspoon salt

### FOR ASSEMBLY

- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 pounds (¾-inch-thick) boneless cod fillets [From our kitchen: You can swap in hake or another flaky whitefleshed fish for the cod, as long as it's about ¾ inch thick.]
- 1/8 teaspoon cayenne pepper
- 1/2 lemon, juiced (about 2 tablespoons)
- 1 tablespoon chopped fresh chives for garnish

### Make potato crust:

• Bring a large saucepan of salted water to a boil. Cook potatoes until very tender, about 20 minutes. Drain well. Return potatoes to pot and mash in butter, nutmeg, salt, black pepper, and cayenne. Mash in milk until smooth.

### Prepare spinach:

2 Heat oil in a large, deep skillet or

Dutch oven over medium-high heat. Cook spinach with salt, stirring occasionally, until spinach has wilted, about 1 minute. (If all the spinach doesn't fit in pan at once, add some and once it wilts add more until it's all cooked.) Transfer to a paper-towel-lined bowl to absorb excess moisture.

3 Preheat oven to 375°F.

### Make sauce:

• Melt butter in a saucepan over medium heat. Whisk in flour and cook, whisking constantly, until mixture is smooth, has a nutty aroma, and is slightly browned, about 2 minutes. Add garlic and cook, whisking, until fragrant, about 20 seconds. Gradually whisk in milk, then add lemon zest and salt, and cook, whisking constantly, until sauce has thickened, about 5 minutes. [From our kitchen: You can prepare the mashed potatoes, the spinach, and the white sauce 1 day ahead and keep them refrigerated until you're ready to assemble the dish. When you're ready, gently reheat the white sauce.1

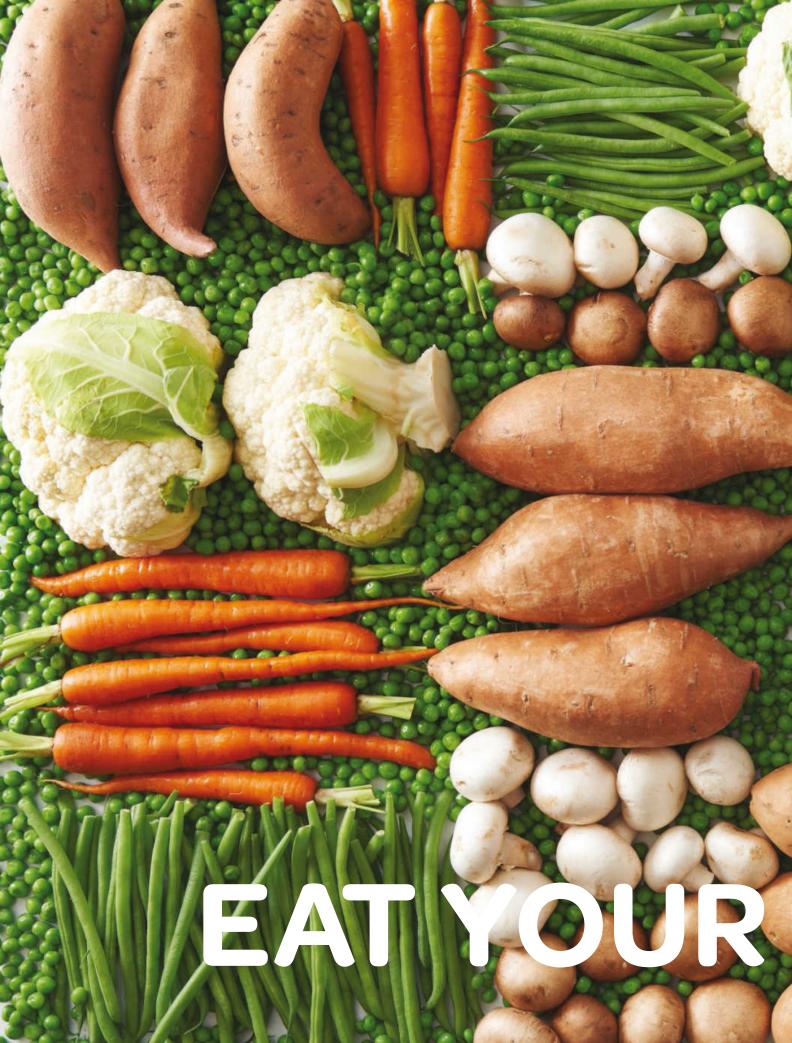
### Assemble dish:

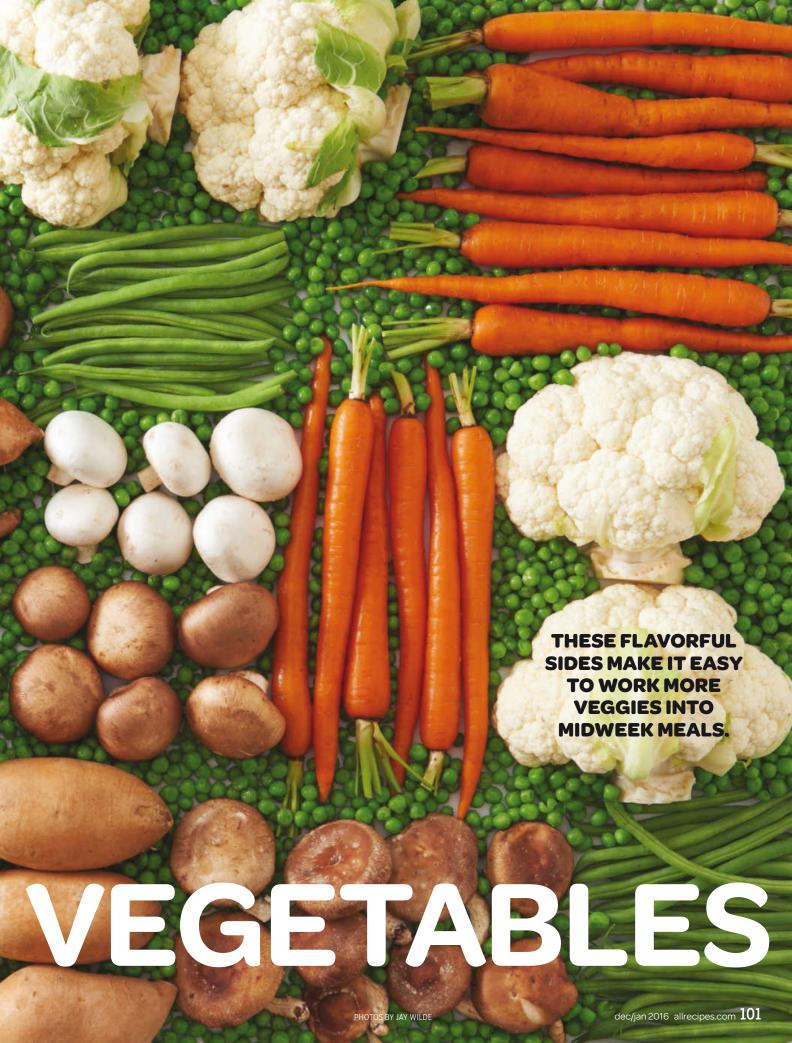
- **5** Generously butter an 8x12-inch flameproof baking dish.
- Sprinkle ¼ teaspoon each salt and black pepper in baking dish. Arrange cod in a single layer and sprinkle with cayenne and remaining salt and black pepper. Spread spinach evenly over fish and drizzle with lemon juice. Spoon sauce over spinach and give casserole dish several taps to eliminate air bubbles.
- Drop heaping spoonfuls of mashed potatoes over casserole, then spread smoothly to cover filling. Put dish on a rimmed baking sheet to catch any drips.
- Bake until bubbling, about 40 minutes. Turn on broiler and broil until top of potato crust is golden brown, 1 to 2 minutes. Let stand 10 minutes before serving in shallow bowls. [From our kitchen: Don't be alarmed by the amount of liquid in the dish; it's a fantastic sauce.] Garnish with chives.

**PER 1**1/4-**CUP SERVING** 467 CAL; 19.8g FAT (11.1g SAT); 34g PRO; 37g CARB; 4g FIBER; 773mg SODIUM; 112mg CHOL



Blipp now to see how it's done! See page 4 for blipp details, or go to armagazine.com/chef-johns-fishermans-pie-video





Helpful tip: When you YOU SAID go to remove the potato innards after baking, just squeeze gently around the skin, and the potato pulp pops right out. No scooping needed! - MOLLY We aren't huge sweet potato fans, so this recipe was perfect because the ricotta and onions toned down the sweetness quite a bit. We added bacon, and it turned out great. — CRITICALMASS Wonderful flavor! I made it in a casserole instead of twice baking the skins. And I used garlic and finely minced onion instead of the shallots. —CATLICKS

### **TWICE-BAKED SWEET POTATOES** WITH RICOTTA CHEESE

armagazine.com/twice-baked-sweetpotatoes-with-ricotta

"A tasty, savory version of twice-baked sweet potatoes." - FRANKII

- 3 medium sweet potatoes
- 1 teaspoon olive oil
- 2 shallots, finely chopped
- 1/2 cup low-fat or fat-free ricotta cheese
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

- 1/4 teaspoon ground ginger
- 1 tablespoon brown sugar
- 1/4 cup grated parmesan cheese
- 2 teaspoons chopped fresh sage or 1/2 teaspoon dried
- O Preheat oven to 400°F. Pierce potatoes with a fork and bake on a baking sheet until soft, about 1 hour. Let potatoes cool until they can be handled, about 20 minutes.
- 2 Meanwhile, heat oil in a small skillet over medium heat. Cook shallots, stirring, until softened and beginning to brown, about 10 minutes.
- Reduce oven temperature to 350°F. Grease a large baking sheet.
- Ocut potatoes in half lengthwise and scoop pulp into a bowl, leaving a thin shell. Set shells aside. Mash pulp with a potato masher until smooth. Add ricotta, salt, pepper, ginger, and sugar, mashing until smooth. Stir in shallots, parmesan, and sage.
- 5 Spoon mixture into potato skins. Put potatoes on prepared baking sheet. Bake until heated through, about 30 minutes.

[From our kitchen: You can stuff the potatoes 1 day ahead and chill, covered. Reheat in a 350°F oven until hot.]

PER 1/2-POTATO SERVING 143 CAL; 2.8g FAT (1.3g SAT); 5.1g PRO; 25.6g CARB; 3.5g FIBER; 267mg SODIUM; 9.5mg CHOL

SUBMITTED BY Frank11 PREP 20 min **соок** 1 hr, 30 min **READY IN 2 hr** (includes cooling) SERVES 6 RATING \*\*\*

78 reviews

FOOD STYLING: LORI POWELL; PROP STYLING: LORI HELLANDER



### **PEAS AND PANCETTA**

@ armagazine.com/peas-and-pancetta

"An Italian-inspired side dish that's simple but full of flavor." —HASTA LUEGO

- 2 tablespoons extra-virgin olive oil
- 2 ounces pancetta, chopped (1/2 cup)
- 3 tablespoons chopped onion

- 1 (16-ounce) package frozen peas, thawed
- 1/4 cup dry white wine
- 11/2 tablespoons chopped fresh thyme leaves or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Heat oil in a large skillet over medium heat

until it shimmers. Cook pancetta and onion, stirring occasionally, until pancetta is translucent, about 5 minutes. Stir in remaining ingredients and bring to a simmer. Reduce heat to medium-low and cook until peas are tender, 3 to 5 minutes more.

PER 2/3-CUP SERVING 209 CAL; 11.5g FAT (2.6g SAT); 8.6g PRO; 16.8g CARB; 5.4g FIBER; 349mg SODIUM; 5mg CHOL





# LIME-CILANTRO CAULIFLOWER "RICE"

armagazine.com/lime-cilantro-cauliflower-rice

"Grated cauliflower stands in for rice in this grain-free side dish."

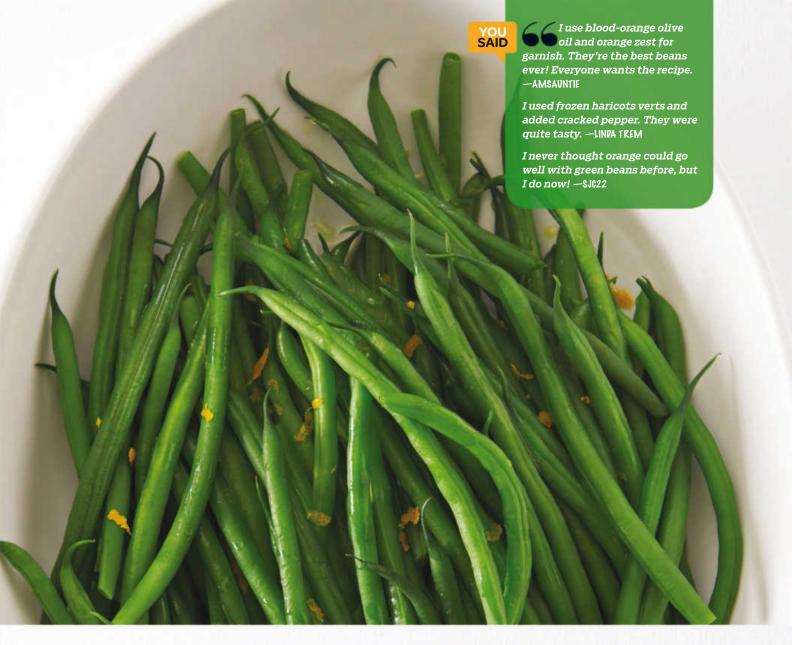
—ABUSSONE

1 (22/3-pound) head cauliflower, cored

- 1 tablespoon water
- 1 lime, zested and juiced
- 1/2 cup chopped fresh cilantro
- 2 tablespoons butter (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Grate cauliflower or pulse in a food processor until it resembles rice (you'll have about 8 cups).
- 2 Put cauliflower and water in a microwavesafe covered dish. Cook in microwave on High, stirring twice, until tender, about 11 minutes.
- Stir lime zest, lime juice, cilantro, butter (if using), salt, and pepper into cooked cauliflower until combined.

**PER 1-CUP SERVING** 83 CAL; 6.1g FAT (3.8g SAT); 2.4g PRO; 6.8g CARB; 2.6g FIBER; 228mg SODIUM; 15.3mg CHOL





### **GREEN BEANS WITH** ORANGE OLIVE OIL

10 0 armagazine.com/green-beans-withorange-olive-oil

"This is my favorite way to make green beans. I make more orange oil than I need and save it for another time. I normally serve this side dish with Italian food." - SHACKL

41/2 teaspoons extra-virgin olive oil 2 (1x4-inch) orange zest strips plus 1 teaspoon finely grated orange zest

- 3/4 pound fresh green beans, trimmed 1/2 teaspoon kosher salt or 1/4 teaspoon
  - table salt Black pepper, for sprinkling (optional)
- 1 Heat oil with orange zest strips in a large skillet over medium-low heat, stirring, until oil has been infused with flavor of zest, about 2 minutes. Discard zest strips. Reserve 1/2 tablespoon oil for another use. [From our kitchen: Leftover orange oil is great drizzled over a salad.]
- 2 Meanwhile, put beans in a steamer basket set over 1 inch of boiling water in a saucepan. Cook, covered, until tender but still firm, about 6 minutes. Drain well.
- Transfer beans to skillet with orange oil. Add salt, then cook over medium heat, tossing, until beans are heated through, about 1 minute. Sprinkle with finely grated orange zest and pepper (if using) before serving.

PER 2/3-CUP SERVING 72 CAL; 5.4g FAT (0.8g SAT); 1.6g PRO; 6.1g CARB; 2.4g FIBER; 145mg SODIUM; 0mg CHOL

SUBMITTED BY Shackl PREP 15 min соок 7 min **READY IN 22 min SERVES** 4 RATING 8 reviews



Fabulous recipe! My husband had picked some gorgeous chicken mushrooms, and I had no idea how to cook them. We used a combination of chicken mushrooms (which looked like the lobster mushrooms used in the recipe video), shiitakes, and portobellos. Once again Chef John has come to my rescue! -KRAZYQUILTS This was the first time that I can recall having used fresh marjoram, and we loved the flavor. I had to rely on cremini and white mushrooms, but they were really good. Thanks for another great recipe! - MARIANNE

### **CREAMY WILD** MUSHROOM RAGOUT

armagazine.com/creamy-wildmushroom-ragout

"This easy mushroom ragout not only looks and tastes great, it's one of those recipes that shines equally as bright when you serve it for breakfast, lunch, or dinner. We call these dishes triple threats, and they're important weapons in any cook's arsenal." - CHEF JOHN

- 2 tablespoons olive oil
- 1/4 cup chopped shallot (1 large)
- 11/4 pounds mixed mushrooms, trimmed and thinly sliced [From our kitchen: Lots of mushroom varieties are available in supermarkets, and this dish tastes great with even just 3 kinds. If

you do choose portobellos, scrape out the black gills, or they will turn the dish a dark color. Baby bellas (cremini) are a better option, along with shiitakes, maitakes, beeches, oysters, king trumpets, and some morels and chanterelles in season.]

- 1/4 teaspoon plus 1/8 teaspoon salt
- 2 tablespoons brandy
- 1 tablespoon white-wine vinegar
- 1/2 cup low-sodium chicken broth
- 2 tablespoons crème fraîche [From our kitchen: You can substitute sour cream or plain Greek yogurt for crème fraîche, but if you do, make sure to stir it in at the very end, just before serving. Unlike crème fraîche, It will break if simmered.]
- 1 tablespoon chopped fresh marjoram or 1 teaspoon dried
- 1/8 teaspoon black pepper

- 1 Heat oil in a skillet over medium-high heat until it shimmers. Cook shallot, stirring occasionally, 3 minutes. Add mushrooms and 1/4 teaspoon salt and cook, stirring occasionally, until tender and golden brown, about 10 minutes.
- Stir in brandy and vinegar, and cook, stirring, until evaporated, about 1 minute.
- Stir in broth, crème fraîche, marjoram, pepper, and remaining 1/8 teaspoon salt and cook, stirring, until juices are slightly thickened, 4 to 5 minutes.

[From our kitchen: We especially liked this served with steak, chicken, or white fish.]

PER 1/2-CUP SERVING 144 CAL; 10g FAT (2.8g SAT); 4.9g PRO; 6.6g CARB; 1.8g FIBER; 238mg SODIUM; 10mg CHOL



Blipp to see this recipe in motion, or go to armagazine.com/video/creamy-wildmushroom-ragout

SUBMITTED BY Chef John PREP 20 min соок 20 min **READY IN 40 min SERVES** 4 PATING \*\*\*\* 5 reviews



### ROASTED PARMESAN-GARLIC CARROTS

armagazine.com/roasted-parmesangarlic-carrots

"I made this for Christmas, and one of my guests said the carrots were 'off the chain!' The flavor was amazing." — PAMELA J HAGEN-FRENCH

11/2 tablespoons olive oil 1 teaspoon garlic salt

- 2 pounds whole carrots, peeled [From our kitchen: For best results, go for carrots that are ½ to ¾ inch in diameter, so they'll cook evenly.]
- 1/2 cup grated parmesan cheese, plus additional to taste Black pepper, for sprinkling (optional)
- Preheat oven to 375°F. Line a baking sheet with aluminum foil.
- 2 Stir together oil and garlic salt in a small

bowl, then pour into a large zip-top plastic bag. Add carrots, seal bag, and shake to coat completely. Arrange carrots on prepared baking sheet.

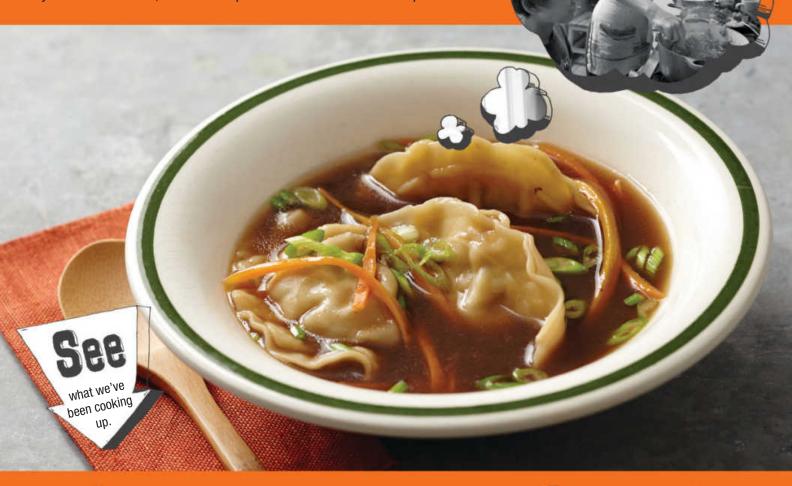
Roast carrots until just tender, about 45 minutes. Sprinkle with parmesan and continue roasting until cheese is lightly browned, 5 to 10 minutes. Sprinkle pepper and additional parmesan over top, if desired.

PER 2/2-CUP SERVING 180 CAL; 8.4g FAT (2.3g SAT); 5g PRO; 23.2g CARB; 6.4g FIBER; 577mg SODIUM; 8.6mg CHOL



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# COOKINGSCHOOL

# **Cookie Confidential**

Even when they don't turn out perfectly, sugar cookies make the holidays pretty sweet. (The baker gets to eat the broken ones, right?) Still it's a bit of a bummer when your stars end up looking more like flowers and your gingerbread men lose their limbs. We're here to help with pointers and tips for cutout cookie success. By Nicholio

**The big idea:** Roll room-temperature dough between sheets of parchment paper. Chill and cut the dough on the parchment. Slide the parchment onto your cookie sheet before baking and onto a cooling rack after baking. No spatulas, no breakage, and less cleanup: win-win-win!





# ROLL, THEN CHILL.

- Set a 11/2- to 2-cup portion of dough between two sheets of parchment paper. To keep parchment from sliding, tape bottom sheet to counter—or lean in and use your body to pin both layers against counter edge. Parchment keeps dough from sticking to your rolling pin and counter without added flour. It also makes it easier to transport dough to the fridge for chilling.
- Using a rolling pin and rolling away from your body, roll dough out to an oblong shape no bigger than your cookie sheet, lifting and replacing the top sheet of parchment as needed to remove creases.
- As dough approaches ideal thickness (a scant ¼ inch works well for most cookies), flank it with two wooden slats of equal thickness (paint stirrers work well) on top of top parchment sheet, and roll pin over dough until pin edges rest on both slats. The goal is evenly thick dough—without thin spots that cause uneven baking and fractures.
- Silde parchment onto an unrimmed cookie sheet and chill dough until very firm, at least 30 minutes, before cutting. Roll remaining dough in same manner and keep in the fridge until you are ready to cut it. Chilled dough cuts more precisely, clings less to cutters, and retains its shape better during baking.





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armagazine.com/cooking-school

# **COOKING SCHOOL**





- Transfer chilled dough to a work surface
- and peel off top parchment sheet.
- Dip a cookie cutter in flour, set it on dough, and press cutter straight down with your palm, rocking palm slightly to ensure a complete cut on bottom. Lift cutter straight up. Repeat, dipping cutter in flour before each cut, working quickly so dough stays cold, and spacing cuts as you'd like cookies arranged on sheet, ½ inch to 1 inch apart.
- Instead of moving individual cutouts with a spatula, peel excess dough away, leaving cutouts on bottom parchment sheet.
- Slide parchment with cutouts onto cookie sheet. No spatula maneuvering here means no squishing, stretching, or tearing en route to the sheet.
- Pat dough scraps back into an oblong shape, then roll, chill, and cut again.

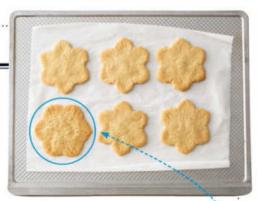


### BAKE RIGHT, THEN COOL IT.

- Before baking a whole batch, you might want to bake a "test cookie" all by itself to help determine bake time. Ovens and cookie sizes vary, so your cookies might take a minute or two more or less than the recipe advises.
- If you're baking more than one sheet at a time, position racks in upper and lower thirds of your oven. You'll also want to rotate pans from front to back and switch positions top to bottom halfway through baking-or, if your oven has a convection setting, use it. (Convection just means there's a fan circulating heat, which speeds baking and minimizes the need to rotate pans.)
- After baking, slide parchment with cookies onto a cooling rack. Let cookies cool completely.
- Decorate cookies as desired, using parchment to catch frosting drips and sugar sprinkles.







### An easy fix for cookies that lose their shape

If your rolled sugar cookies puff too much as they bake (that delicate snowflake now looks more like a hexagon), try adding a little flour to the dough before rolling, chilling. cutting, and baking. As we learned on a recent photo shoot, excess moisture in the dough can overactivate the baking powder and cause excessive puffing. (This is particularly true of refrigerated dough sold in moisturetrapping plastic packages.)

### The best pan liner for the task at hand

Foil is ultra heat-resistant, folds and molds to odd shapes easily, and lies flat. It's ideal for lining brownie pans and roasting pans. making packets for food cooked on the grill or in the oven, or covering food, But standard foil isn't nonstick, so it may require greasing. And it doesn't always hold up to cookie cutters and spatulas.

Parchment paper is paper that's been specially formulated (and often coated with silicone) to be durable, nonstick, and heatresistant. Because it holds up to common baking temperatures and can be reused several times, it's a good choice for lining baking pans and cookie sheets and other heated applications.

**Silicone mats** are thick, heat-resistant. nonstick pan liners. They are more expensive than disposable liners but can be washed and reused indefinitely with proper care. Though they roll up for storage and stay put when unfurled, they don't fold or mold easily to different pan sizes. And they retain heat longer than foil, parchment paper, and wax paper.

**Wax paper** is paper coated in paraffin or another wax. It's moisture-resistant and nonstick but not very heat-resistant. (In a hot oven, the wax on uncovered areas may melt away and exposed paper may ignite.) Cutting on it can cause the wax to flake. Use it to line counters, wrap candies, or layer between cold or room-temp foods.



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# **Morning Glory**

The Egg McMuffin's got nothing on this—and all it takes is store-bought crescent roll dough (#goodtrick).

aking up to a houseful of hungry in-laws could be the start of an unhappy holiday. But if you're armed with this hugely helpful brunch recipe from community member Tiberlady, the family will be singing your praises by noon. It only has 19 five-star reviews. but it should have 19.000! As reviewers point out, this recipe is incredibly versatile: Sub any kind of meat for the ham (like spicy sausage or bacon), and add veggies (like broccoli or spinach) for a calzone-like dish that doesn't have to be reserved for breakfast. Don't be fooled by the "braided" dough-it's deceptively easy to pull off!

### Scrambled Egg **Brunch Bread**

😭 💮 armagazine.com/ brunch-bread

- 2 (8-ounce) cans refrigerated crescent
- 4 ounces thinly sliced ham, chopped
- 4 ounces cream cheese, softened
- 1/2 cup milk
- 1 large egg, separated
- 7 large whole eggs
- 1/4 teaspoon salt Black pepper to taste
- 1/4 cup chopped red bell pepper
- 2 tablespoons chopped green onion
- 1 teaspoon butter
- 1/2 cup shredded cheddar cheese
- O Preheat oven to 375°F. Lightly grease a large baking sheet. [From our kitchen: We used an

- 18x13-inch rimmed baking sheet.] 2 Carefully unroll each tube of crescent dough onto prepared baking sheet, without separating along perforations. Make sure the long sides of each dough rectangle are parallel with short sides of sheet. Arrange rectangles side-by-side so long sides of dough are touching. Pinch together seam and perforations to seal, creating 1 big rectangle. 3 Sprinkle ham lengthwise down center third of rectangle, leaving
- a 1-inch border at both ends. [From our kitchen: If the dough is getting a little soft by this point, chill it in the fridge or freezer while you follow the next steps. ]
- Whisk together cream cheese and milk in a bowl until smooth. Add egg yolk to cream cheese mixture (reserve egg white). Add whole eggs, salt, and black pepper to cream cheese mixture and whisk until well combined. Whisk in bell pepper and green onion.
- 6 Melt butter in a large nonstick skillet over medium heat. Pour egg mixture into skillet and cook, stirring, until just set, about 5 minutes. Spoon eggs over ham, leaving a 1-inch border at both ends. Sprinkle with cheese. 1 With a short side of rectangle toward you, cut horizontal slits in long sides of dough, 1 inch apart, stopping about 1/2 inch away from filling. Starting at a short end, fold in alternating strips at an angle over filling.

PER 21/2-INCH-SLICE SERVING 558 CAL; 37g FAT (14.1g SAT); 21.7g PRO; 32g CARB; 0.2g FIBER; 1,145mg SODIUM; 293mg CHOL

Pinch short ends of dough to

reserved egg white and brush

over dough. Bake until golden,

braided strips to seal. Beat

25 to 28 minutes.



Blipp to see step-by-step photos showing how to braid the dough. (Blipp details are on page 4.)

YOU SAID

2 I split the dough and made two different variations, one with sausage and the other with spinach, mushrooms, onion, and goat cheese. Both came out excellent! -NOVICECHEF

If you're halving the recipe, don't reduce the amount of butter, but do reduce the cooking time to 18 to 20 minutes. - CHARLIED

If you're hesitating because you think this is a complicated recipe, it really isn't. I brushed pesto on the dough first, used two wedges of Laughing Cow cheese instead of cream cheese, added vegetarian sausage, and used only

three eggs. Tasted good and looked pretty! -POMPLEMOUSSE

Very versatile dish! We'd give this more than five stars if we could. —CONKYJOE



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